Italian-Tibetan
Full Detox Diet

By Niki Sauro

with the supervision of amji-la (doctor) Dawa Tsering

Why detox?

The liver is a very important organ for our well-being. An healthy liver brings much more energy, a better immune system, clean blood, a clearer mind, no buildup of fluids in the tissues, even the senses (sight, tough, smell, taste and hearing) get better.

Liver is a strong organ, which puts up with a lot of problems. But, when it gets sick, it's one of the most difficult organs to treat.

What is weakening and making our liver getting sick? Toxins accumulation. We keep on accumulating toxins through food and medicines, from pollution, and even our body can produce them as a result of stress.

That's why prevention is extremely important.

But how can we do it?

Mostly with diet.

All kind of filters accumulate dirt. Car filters, washing machine filters, vacuum cleaner filters... That's why you have to periodically change them or clean them, otherwise the device will stop working sooner or later. The liver is the great filter of the human body, it receives the "semi-processed" food from the stomach and further purifies it, then it sends it to support the various parts of the body. Such an important filter needs some maintenance, a bit of care and attention from us.
The fundamental setback of Western medicine in liver treatment is that chemicals damage it, and Western medicine has only two ways: chemical medicines or surgery.
For thousands of years, Tibetan medicine has always focuses on prevention rather than cure. And even when prevention fails, food is still considered the main healing tool.
When we talk about the liver, this aspect is particularly important because every time we eat, or drink, we immediately give the liver something to work on. Food is life, but, if used incorrectly, it can devastate us.

And why Italian-Tibetan? Because the recipes are Italian style, but the profound, ancient and powerful knowledge behind this diet is Tibetan.

Who needs the Tibetan DETOX?

The Tibetan DETOX is ideal for every system in our body, it helps not only the liver, but also stomach, bowels, lungs... everything gets better after a Tibetan DETOX, even the senses, the skin and the hair.

That's why it should be done periodically. Everyone can do it, it's not a shock treatment like a Tibetan cleansing, which requires constant medical supervision. It doesn't have a heavy impact on the body, so it can be followed by the elderly as well as young people.

The only thing I want to stress is: just stick to the days that recommend below. I have noticed that, due to the fact that it gives a significant feel of well-being from the third day, people think: if 7 days of it made me feel so great, then maybe I should keep going and do 30 or 40 days... basically, they tend to exaggerate.

Instead, I repeat, except in the case of people with a serious liver disease (that have to work continuously to keep the liver and blood clean and therefore have to do the Detox often or even always) or bad blood flow (which must follow the Detox until their blood tests come back normal), Detox should be done ONLY for 7 days, preferably in autumn and spring.
We recommend NOT TO ABUSE THIS DIET, because even if it's soft to some extent, if it's continued for too long it may have a bad outcome on the body. It lack some ingredients which are important for other organs.
That being said, who should follow the Tibetan DETOX?

• Healthy people over 25 years of age that want to detoxify have to follow DETOX twice a year, for 15 days each time, preferably during fall and spring.

• Teenagers (over 15) with acne.

• DETOX is also very useful for people with problems related to blood circulation. In this case, the right way to act is: the first time they start following DETOX, they have to keep it up until the results of the analysis are within healthy values. After that they'll have to follow DETOX only 4 times a year for 15 days each time.

•DETOX is important for people who suffer from fatty liver.

•DETOX is incredibly useful for patients who have undergone heavy treatments with

chemical medicines, such as chemotherapy, massive antibiotic doses, and so on.

- People suffering from serious liver problems, who must follow DETOX at all times. It should be stressed that we are not saying that this diet can replace medicines for those with serious liver conditions, but it's a valid support for their quality of life.

SunCave Monastery

To make this diet even more special, I have decided to ask you to give something in exchange of my present, this diet. A work which took me 6 years of studies and trials. Please! Help a small, precious Tibetan monastery. They are great people but very poor.

The kids they guest in the monastic school come from very poor family (some of them have no family at all), and they take care of them like a big, sometimes messy, but loving family.

So, be part of this, help me to help my Tibetan family and make a donation on the monastery fund-raising page:

https://www.peoplesfundraising.com/donation/suncave-monastery

Niki with some of the SunCave monks

How to go on DETOX

OBJ

•Those who are in good health, who do not have any problem with their liver, should not follow this diet at all times, as it would be too extreme. It should be repeated twice a year, for 7 days each, once during autumn and one in the spring. It's a fully-fledged vacation for the liver, which will allow it to regenerate, increase your energy and strengthen your immune system. But don't get carried away, even though you feel much better on DETOX, do not keep it going year-round! That's not good for you! If you feel you need it, go for a second week.

•Even if, while overviewing the recipes, they look like absolutely normal and tasty, the detoxifying power of this diet is amazing. That’s why, in the first days, it can happen that you can get some inconvenience as headache, or halitosis, or white tongue, or nausea, or pimples or urine and feces very smelly. Those are the signs that the toxins are leaving your body! So it’s a very good sign!

•If you are allergic to soy or if, like people suffering from hypothyroidism, you shouldn't eat it, avoid the recipes that contain soy. They are not fundamental.

•People with bowel problems can follow the detox, but in this case we recommend to have beetroot at least three times.

•Very lean or fragile people or those with strong stress problems can use the diet ONLY for a week.

•People with a severe liver disease should follow the diet at all times.

•Those who practice sports intensively and have the habit of eating huge amounts of protein, and therefore fear of losing muscle tone, can do it for a week. After that they can evaluate how they feel and after two months, if it feels safer, they can do the diet for 15 consecutive days. As a matter of fact, those who follow these high-protein regimes are in particular need of Detox.

•Those who practice sports intensively but do not follow high-protein regimes can do it without problems. Actually, they will find out pretty soon that their body improves performance.

•People suffering from blood circulation problems should follow this diet until the values of their tests return back to normal. After that, they should follow it 4 times a year for 15 days each time.

•If you are vegetarian and want to go on DETOX, you can do it twice a year, in autumn and spring, but ONLY FOR max 10 DAYS. It's an extreme diet, great for the liver, but really challenging because a lot of ingredients are missing. Following it for longer than that, without even the contribution of meat, would weaken you.

•Teenagers (over 15) with acne. We recommend doing it ONLY for 1 week. They can repeat it every two to three months.

•People who suffer from fatty liver. They should do DETOX for 15 days every two months. It would help them solve their problem gradually and safely.

•If you have any question or doubt, feel free to contact us through our blog

•Patients who have undergone heavy treatments with chemical medicines, such as chemotherapy, massive antibiotic doses, and so on. These people should start DETOX a few days later (in the case of chemotherapy one week after the last treatment) and should do it for 15 days. No more than that. If they have to undergo different cycles of intoxicant therapies, they could repeat it after each single cycle.

•If you have any doubt feel free to contact us. Be ready to be patient before you will get an answer, because by now we have only Niki doing this, and she is overwhelmed by the work she is doing! So we do apologize for that in advance….!

Important! Practical Informations

•Every recipe of this diet has been created, or modified, to help those who follow it to detoxify their liver. That's why it's important for you to follow doses, ingredients and instructions carefully. If you have to cook for several people, you can simply multiply the doses of the ingredients

•Diets specifically intended for liver's health are particularly strict. There are few tastes available because the liver is an organ that is very susceptible to intoxication and therefore extremely difficult to treat. For this reason, we ask you not to select the two easiest dishes and then repeat them indefinitely. Almost all of the recommended foods in this diet are medicines for liver and/or blood, so try to use as many as possible (always following the diet) to give the liver all the help it needs.

•The portions outlined in the recipes of this diet are medium. If you are cooking for people with severe liver problems, our advice is to reduce and split your meals. Instead of three main meals, you should have five small meals. If you are hungry you can increase the portions.

•With regard to pasta and "risotto" made with buckwheat, if you can't find the buckwheat you can use a normal homemade pasta and a normal rice. However, please try to find the buckwheat, as it's very useful to clean the blood.

•Do not confuse black cumin, which is good for the liver (Bunium persicum), with the common cumin (Cuminium cyminum), which should be used in homeopathic doses. Also, don't confuse it, as it happens even on Wikipedia, with the nigella sativa. The hindi name of black cumin is kala jeera.

•In those cases in which there are alternative ingredients, we'll list them.

•Raw vegetable salads are not indicated, because they are cold and heavy in nature so they make the stomach work very hard.

•The desserts are not good for the liver. Although, it's important to keep your mind happy and sweets are often useful for that. You can eat them, but be careful. Let's say no more than three times a week and small portions.

•The only mushrooms that you can eat are shiitake. That's because all mushrooms poison the liver except shiitake, which were used in China and Japan in traditional medicine to cure liver problems.

•Meat plays an important role, as it helps to keep a quiet mind quiet and to give

energy, even though it wouldn't be eaten more than twice a week in the recommended portions. Also, you are allowed to eat only the lean meat of chicken and turkey .

•Of course, lean fish, chicken breast / turkey and vegetables (only those allowed) boiled and seasoned with little salt, lemon juice and a drop of olive oil are fine, but try to avoid the steamed foods that are harder to digest.

•When we mention lemon/lime, we always refer to the yellow ones, not the green ones. If you can't find yellow lemons/limes, you can buy the green ones and let them mature.

•Dairy products are contraindicated. But if you can get freshly milked milk you can have a glass a day (it must be drunk within 24 hours from milking).

•If you can't find the extra virgin olive oil or if it costs too much where you live, use a good sunflower oil. You should never use olive-pomace oil, because it contains toxic substances and it's very heavy.

•The maximum amount of grated cheese allowed per week is 6 teaspoons. Remember that you can't eat processed cheese, which is poison for the liver.

•Grains (like rice, barley, etc.) must be cooked on the same day they're going to be eaten, or, at most, the night before. That's because, if you leave them cooked for some time, they will ferment lightly, and all kinds of fermented foods hurt the liver. **The best thing is to cook and eat things immediately, not keep them cooked in the fridge. Your body will enjoy this a lot**. Freshly cooked food is easier to digest and keeps all the energy you need. The longer you keep it in the fridge, the more the food power decrease.

•For people suffering from severe liver problems, pasta must be fresh and prepared only with flour (white, wholemeal, mixed) and water, NOT with durum wheat. You also can't use pasta that you buy packaged in stores, as it's too difficult to digest, either because it's made with hard wheat semen, or as a consequence of its processing.

•Microwave use is strongly discouraged.

•If you are cooking for someone with liver problems, remember that it's important to vary the flavors as much as possible, even in the same meal, because he might often be not hungry, so it's important to avoid giving him flat flavors or unattractive dishes. In a hyposodic and hypolipid diet, with few allowed foods like DETOX, varying flavors, as much as possible, is essential to stimulate the appetite. Needless to say that diet should not become a cause of depression, especially because depression is not good for the liver...

List of the allowed and forbidden food

ALWAYS use little salt.

You're allowed to use up to 4 spoons of extra virgin olive oil a day. If you manage to use less than that it's even better. If you can't get extra virgin olive oil, use a good sunflower oil. Do not use heavy olive oils, like olive pomace oil, use only extra virgin oil.

If possible, put turmeric in every dish that has meat, fish or any other food that may contain some sort of toxin. Just a pinch will be enough as a detoxifying agent. Make sure that it cooks for at least 10 minutes, otherwise it'll be heavy for the liver.

If you can, take a saffron pistil in the morning. It helps to cleanse the liver. Don't take it if you plan to cook with saffron in the same day. Too much saffron stresses the kidney.

You can use 2 teaspoons of parmesan three times a week, as a license for the taste (you can use any type of cheese, except processed cheese, like cream cheese and such).

Fruit included in the YES list can be eaten both raw and cooked.

YES food:

Meat: only chicken and turkey breast

Fish: only lean

Legumes: all kinds but beans

Grains and flour: polished rice, brown rice, wheat, buckwheat, barley, oats, rye, spelt, enkir

Flaked barley and oatmeal only if cooked like porridge

Dates

Apples

Blackberries

Peaches

Raspberries

Strawberries

Pomegranate

Guava

Melon (white)

Blueberries

Watermelon

Papaya

Lemon (do not exceed half lemon per day)

Vanilla

Rosemary (cleanse the liver)

Stevia (in leaves)

Sage
Parsley

Basil

Chives

Tarragon

Dill

Ginger (a little, you cannot have it every day)

Coriander leaves (good for your health)

Shiitake mushrooms

Green beans

Carrots

Celery

Fennel

Okra

Cabbage and cauliflower

Karela (bitter pumpkin)

Radish

Red turnips (pink and white are fine too)

Endive (cooked)

Artichokes

Jerusalem artichoke

Pumpkin

Zucchini

Daikon (giant white radish)

Leek

Onion

Spices must be used with moderation (La-je, Doctor Dawa says "not like Indians do")

Nutmeg

Cinnamon

Cloves

Fennel seed

Coriander seed

Fenugreek (seeds and leaves)

Nigella sativa

Poppy seeds (both black and white)

Star anise

Black cumin (it's good for your health)

Turmeric

YES AND NO food (can be used but with STRICT moderation):

White sugar (synthetic sweeteners like aspartame are absolutely forbidden)

Lemon/orange peels

Blackberry jam, peach jam, strawberry jam, raspberry jam

Garlic and shallot (you can use them to flavor but you have to take them out before eating)

Beans

Cucumber

Pears

Apricot (both dried and fresh)

Figs (both dried and fresh)

Banana

Grapes (both dried and fresh)

Green cardamom

Black cardamom

Sesame

Saffron

Hing (assafoetida)

FORBIDDEN FOOD:

Durum wheat

Red or black rice

Yeast and fermented food (no vinegar, soy sauce, bicarbonate, sourdough, etc.)

Dairy products

Vinegar

Eggs

Coffee

Strong black tea

Millet

Corn (both flour and grains)

Red meat

Fat fish

Nuts, almonds, pine nuts, hazelnuts, coconuts (including the milk made with these) etc.

Cocoa

Chocolate

Honey

Molasses

Raw sugar

Synthetic sweeteners

Oranges

Grapefruit

Tangerines

Currant

Kiwi

Pineapple

Plums and prunes (both dried and fresh)

Granadilla

Cherries

Mango

Avocado

Spinach

Ribbed celery

Tomatoes

Mushrooms

Asparagus

Eggplant

Potatoes

Sweet corn

Ajwain (seeds)

Caro seeds (Trachyspermum ammi)

Mango powder

Hot chili

Black (white, green, rose) pepper

Breakfasts

Remember that the best thing is to have meals at the same time, both stomach and liver like punctuality. They kind of get ready and work better if you feed them always at the same time.

Breakfasts shouldn't be too challenging, lunches should be satisfying and dinners should be light.

You can add fruit to each meal, both fresh or cooked, choosing from the list of allowed fruit.

You can accompany each meal with chapati. If you don't want to prepare the chapati you can replace it with unleavened bread that you'll find in the supermarket. Look for the kosher one, as it gives you the assurance of ingredient purity.

Breakfasts can consist of of one of the hot drinks permitted. You see them in Beverages and cakes chapter.

If you want to spend some time to make soy milk, you can also go for a cappuccino (soy and barley/chicory), chapati or unleavened bread with the least sugary jams you can find (absolutely forbidden those with honey/agave/raw sugars, etc.) or with a slightly sugary fruit compote and chapati or with a savoury dish.

What makes Tibetan dietetics so special

The thing that makes the Tibetan medicine's approach to diet special is that it doesn't only consider the chemical components of food (vitamins, proteins, etc.) but takes note of the subtle qualities of food and evaluates the impact on the energy system of our body. **We can safely consider it an acupuncture performed with food.**

In the West, there's always a new miraculous diet that replaces the previous one, and a certain food that becomes the magic solution.

For the Tibetan medicine, there are no magic solutions and there are no new "diet fads". The only thing that matters are the complex interactions that result in well-being or sickness.

Strangely enough, diet and nutrition guidance is the least known aspect of Tibetan medicine. However, things are changing and evolving.

A study conducted by the Department of Cardiology "Johann Wolfgang Goethe" at the Frankfurt am Main University in Frankfurt, Germany, shows the importance of Tibetan dietetics even from the science point of view. The department tested a program that included Tibetan diet on patients with stabilized coronary artery disease (CAD) and metabolic syndrome. The results of this experiment were published on the web in 2013. The conclusion of the publication says: "Tibetan diet significantly reduces body weight index and BMI (body mass index) in patients suffering from CAD and metabolic syndrome, it also induces lipid-lowering effects (which can reduce lipid concentration in the blood) and anti-inflammatory. "

To better explain how the Tibetan Diet system works, and therefore the DETOX diet, we must cover a simple introduction to Tibetan medicine.

The Tibetan medical system in brief

Western official medicine, even though not long ago, has come to admit the relationship between body and mind. A few years ago it even started using the acupuncture system... but it still doesn't accept the theory of energetic channels that is at the base of acupuncture. "How does acupuncture work? And who knows?". Western medicine, at least officially, does not give an answer. It works. That's all. On a personal level, however, many western doctors have made this question and have also found the answer. In eastern medicine.

Acupuncture works in terms of energy levels. In fact, the energy balance of a person is the basis of sickness or good health.

Outside world and human body

Tibetan medicine recognizes that the world is composed of the interaction of 5 energies or 5 elements: air, fire, earth, water and space.
In the human body these elements are grouped into the three humors: wind (Wind), fire (Bile) and water and ground (Phlegm). Space is what allows other elements to exist and interact with each other.

When the three humors in our body are balanced we're in good health, when they're uneven we get sick.

Energy Constitutions

The three humors, Wind, Bile and Phlegm are not equally present in individuals. Each one of us (and this also varies during our life) has, even in perfect health, a balance of his own, which is called the Energy Constitution or Energetic Type.

How does all of this work? What does it mean in terms of dietetics?

The five elements (and, consequently, the three humors) are the link between the outside world (macrocosm) and our body (microcosm). The food that we put into our body brings in the 5 elements in varying degrees, so we must be careful to balance it well with our Energetic Type. In a person with a predominantly Bile

(fire) constitution, or with an ongoing Bile disease (such as liver conditions), eating "fire" foods is essentially asking for trouble. That's because the fire will rise, creating the preconditions for the sickness even in a healthy individual.

Also, according to the Tantra of Medicine, the root of all the problems is bad digestion. If the sowing soil is not fertile, Tibetan doctors say, it won't give fruit, and that's how our body works too. If the stomach does not process food properly, we will encounter nutrients shortages and imbalances that, over time, will result in diseases of various kinds.

These are the reasons for the vital importance of diet both as prevention and actual medication.

Flavors and elements

To determine which diet is positive for a particular Constitution, or for a current illness, the Tibetan medicine has created a system that makes the Tibetan doctors able to recognize the percentage of the four elements in food. It developed the perception and the differentiation of flavors as a basic parameter to identify the 4 elements in the food in an extraordinarily detailed way.

Tibetan doctors are trained to recognize the four elements through flavor even in foods that they've never tasted before.
Obviously, the flavor of food is a combination of all four elements (plus the space that allows the other four to exist and interact) but some elements prevail in a flavor rather than in another.
Our way of perceiving the flavors is superficial, and it's very different from that of a Tibetan doctor who has learned to perceive the essence of food as a medicine.

Medically, there are six flavors:

sweet = earth + water

sour = fire + earth

salty = water + fire

bitter = water + air

spicy = fire + air

stringent = earth + air

When talking about food that is "appropriate" for a constitution, or a diet suitable, for example, to purify the liver, both the combination of the ingredients and the way you cook them must be taken into account. That's why it's important to have a Tibetan doctor's advice (which knows non-Asian food as well like La-je Dawa Tsering!).

The recipes you'll find in this book are the result of the close collaboration between La-je Dawa Tsering, a Tibetan doctor graduated from Dharamshala's Tibetan Medicine University, and Niki Sauro, an Italian food professional that has been interested in Tibetan medicine for more than 20 years.

Tutorial chapati

The Chapati is an important preparation in a lot of different kinds of diets. It's essential for the Tibetan DETOX, because it's a type of bread that doesn't have any yeast or salt.

It's tasty, cheap, light, easy and quick to make. It's also fun to prepare! After a couple of tries you'll become experts in the art of the Chapati!

You can use the flour that you prefer, white, whole wheat, spelt, half rye half white, half whole wheat half white.

If you are cooking for people NOT following the DETOX, for them you can add some salt on the surface of the chapati and press it in with the rolling pin Just before cooking it.

To make chapati you need:

- 1 bowl
- 1 rolling pin
- 1 frying pan

Preparation: 5'

Cooking time: 3/4’ each chapati

Yield: 4/5

Ingredients:

flour (white, wholemeal, spelled, half rye and half white)

water

Directions:

The proportion of the traditional chapati in India is 1 cup of atta flour (130 grams of atta approximately) and 1/2 cup of water (125 ml). The problem is that this proportion only works with the atta, which is a particular Indian flour.

So I suggest you to do as I do: add the water gradually so you understand how much is needed.

Put the flour in a large bowl, add the water gradually while kneading.

When the dough is well mixed and smooth, silky and not sticky, it is ready. If it remains sticky, add a little more flour and continue to knead until it get elastic and smooth.

Cover with a damp towel and let it stand for 30 minutes (this is not necessary but if you do so you will get better results).

After 30 minutes, take the dough, form a kind of sausage and cut it into regular pieces as big as a clementine or a lime. Knead each piece into a ball.

Flatten the balls with your hands, pass them in flour lightly, and then roll them into a very thin round shape with the rolling pin.

Heat a frying pan.

Sprinkle it with a few drops of water: if it sizzles, it means it is hot enough.

Put the first chapati to cook.

OBJ

As soon as you see that small bubbles start to form on the surface of the chapati, turn it with a wooden spatula (you could do it with a fork, but being very careful not to prick it, because otherwise the chapati will not swell).

Now, on the surface of the chapati larger bubbles will form. Turn it again.

Bubbles will swell until you see the whole chapati inflate like a balloon.

Meanwhile, you have prepared a plate with a napkin over it.

As the chapatis are cooked, put them in the plate and wrap them in the towel, so that they will keep soft and warm until the moment of serving.

The outcome depends greatly on the quality of the flour.

In a country in South America, for example, in the beginning, it was difficult for me to make good chapatis, but if you insist, you will have a good result even with such a poor flour flour, as I got.

Like all the really simple dishes, the execution is not so easy in the beginning, but in a short time you will become an expert.

If the chapati does not inflate like a balloon, but if it only forms some large bubbles, it is equally good.

If the chapati does not puff up at all or it puffs up just a little, the reason might be one of the following:

- Too much water in the dough
- Too little water in the dough
- The pan (or plate) was not hot enough
- The pan was too hot so the chapati burns quickly in some places, then it breaks and the steam that should make it swell comes out.
- You didn't knead the dough enough.

But, rest assured, as I have learned to make chapatis, so you can as well, and you will love it.

Basics

You can choose if you want to use these recipes. The only really important Basics recipe is the chapati, the Indian unleavened bread, and you will find it in the tutorials section.

Do-It-Yourself Stock Cube (non veg)

Preparation time: 20'

Cooking time: 1h e 30'

Portions: 4 jars

Ingredients:

chicken/turkey breast: 550 gr

carrots: 600 gr

celery: 250 gr

onion: 600 gr

salt: 650 gr

garlic clove: 1

clove: 1

parsley: 1 handful

turmeric: 1/2 tsp

Tips from Around the World:

- If possible, use unrefined marine coarse salt. If you can't use it, try at least to avoid coarse salt with added iodine, because it gives a bitter aftertaste.

- If you don't have parsley and you like fresh coriander, you can use that instead. It's really good for the liver.

If you don't have neither of these...don't use anything.

Procedure:

Wash and clean the vegetables. Slice them. Cut the meat into cubes.
Peel the garlic.

Wash and chop the parsley.
Put all the ingredients in a big enough pot.
Cook on low temperature.

Don't add any water, the salt will extract it from the vegetables and the meat, and that'll be enough. Cook on low temperature and without the pot's lid for 1 hour and a half or until the water is gone. Blend everything and put it in cool,

hermetically sealed glass jars.

Salt is a perfect preservative, but when I was living in India and Nepal, especially during the monsoon season, I became a safety nut, so after closing the jars I used to sterilize everything by boiling them for 45 minutes. I know, it's a hassle... but, you know...

If you want to take this extra precaution, remember to put rags on the bottom of the pot and also between jars, to make sure they won't break while they boil.

Inspired by a recipe from Daniela Delogu

Vegetarian Do-It-Yourself Stock Cube

Preparation time:: 20'

Cooking time: 1h e 30' Portions: 3 jars

Ingredients:

carrots: 600 gr

celery: 250 gr

onion: 600 gr

salt: 500 gr

clove: 1

parsley: 1 handful

turmeric: 1/2 teaspoon

powdered ginger (if you like): 1/2 teaspoon

Tips from Around the World:

- If possible, use unrefined marine coarse salt. If you can't use it, try at least to avoid coarse salt with added iodine, because it gives a bitter aftertaste.

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Inspired by a recipe from Daniela Delog

Pizzoccheri

Buckwheat flour is a friend of the liver, therefore: Pizzoccheri!

Preparation time: 30'

Cooking time: about 14’

Portions: 5

Ingredients:

buckwheat flour: 300 gr.

white flour: 100 gr.

water: q.s.

Procedure:

Knead the flour by adding water gradually and work it well until you get a consistent and smooth paste. Let it rest for about 30' under a film or a slightly damp towel. Spread the paste, making sure it's not too thin (2 mm) and cut it into the shape of tagliatelle, 1 cm wide and 7 cm long.

Unleavened bread (baked)

Home made is very good! And it last for a long time.

Preparation time: 20'

Cooking time: 4'

Portions: 8 loaves

Ingredients:

flour: 110/119 gr. (1 cup)

water: 83 ml (1/3 cup)

Tips from Around the World:

- Unleavened bread should be prepared with white flour, but it's also good with a mixture of white flour and whole wheat flour, with kamut flour, enkir flour (Triticum monococcum), spelt flour and a mixture of white flour and rye flour.

- In the real unleavened bread, the flour must be kosher and the whole process, starting from the moment the water touches the flour to the moment the bread goes in the oven, must not exceed 16 minutes.

- Unleavened bread saves you time. When you prepare it, make a lot of it. It will remain fragrant for a long time if you keep it in closed containers. This means that you'll always have it in hand to use it in other recipes, such as stuffed artichokes.

- Homemade unleavened bread has a great flavor! Nothing to do with the one that you buy in supermarkets.

Procedure:
Mix the flour with water until it becomes a soft dough, and make sure it's not sticky. Let it rest for half an hour. Preheat the oven to 250 degrees with the trays inside. Divide the dough into 8 pieces. Spread them with the roller until they're thin (when I prepare a lot of them I usually use the pasta maker). Poke them 25 times with the fork to make holes that will keep the dough to swell up.

The holes have to go from side to side. Take the loaves and poke them another 25 times. In the meantime, the oven has reached the right temperature. Quickly put the bread on the trays and cook it in the higher part of the oven for 2 minutes. Turn the bread and cook it for another 2 minutes or until the bread it looks slightly browned on its bubbles.

Fake pickled vegetables

Really useful to change up flavors

Preparation time: 10’/15'

Cooking time: from 4’ to 10'

Ingredients:

lemon/lime juice: 50%

water: 50%

salt: q.s.

vegetables (carrots, daikon, radish, shiitake, celery, green beans, cauliflower)

Procedure:

You can cook fake pickled vegetables with just one type of vegetable, with two, three or all of the vegetables listed here. This is a quick recipe and has been created for different types of vegetables, which means that there are no predefined quantities.

For starters, you need a mix of water and lemon juice (in equal parts), enough to cover the vegetables you want to prepare. As for the salt, the less you use the better.

Wash and clean the vegetables carefully. Cut the carrots, the celery and the daikon in strings. Cut the radishes into slices and the green beans in trunks. Divide the cauliflower in florets. The shiitake mushrooms are good both fresh and rehydrated, slice them thinly.

Each vegetable is cooked separately to avoid contaminating flavors.

Put water and lemon juice in a pot. Add little salt. Bring to a boil, then add the vegetables you chose.

Carrots, daikon and shiitake have to be cooked for 10',

green beans, celery and cauliflower for 7',

and radish for 5'.

Put the vegetables in well-washed and dried glass jars and store them in the fridge covered with their cooking water. They'll preserve for several days.

Seasoned salt

Helps to restrain the use of salt thanks to its intense flavor

Preparation time: 5’

Ingredients:

salt

sage

rosemary

Procedure:

Wash, dry well and chop sage and rosemary. Add the same amount salt. Pour into a hermetically sealed jar. You can begin to use it after a few days, when the salt begins to flavor. This seasoned salt will help you reduce the amount of salt that

you use on a regular basis.

Gomasio

It's great to season, for example, steamed vegetables, but it has to be used in small doses

Preparation time: 2’

Cooking time: 10’

Portions: 16 teaspoons

Ingredients:

sesame seeds: 7 teaspoons

curing salt: 1 spoon

Tips from Around the World:

- Remember that sesame and salt are allowed, but only in small amounts, so be careful not to overuse gomasio!

Procedure:

Put the sesame seeds in a pan and turn on the stove on medium heat. Toast the seeds lightly, while constantly stirring until, after a few minutes, they will send a scent similar to roasted hazelnuts. At this point, take a seed in your hand and crush it between your fingers. If it squeezes the sesame is ready. Move the pan from the fire and put the sesame in a large plate to cool off. Put salt in the frying pan and proceed as you did with sesame until the salt becomes darker and slightly transparent (it will take less time than the sesame). Put both salt and sesame in a pestle and pound everything until it becomes a coarse and somewhat oily powder: the gomasio. Put it in a glass jar and close the lid well. It will last for a long time.

Breadcrumbs

The breadcrumbs you'll use for the DETOX have to be prepared with unleavened bread (both chapati or the backed one).

Soy Milk

Soy preparations are fundamental for more complex dishes

Preparation time: 5' plus a night to rehydrate the beans

Cooking time: about 30’

Ingredients:

dried soybeans : 125 gr.

water: 1 liter

Tips from Around the World:

- 125 gr. of dried soybeans correspond to 176 gr. of rehydrated soybeans
- Warning: if you have a liver condition you must not use okra, which is the

leftover of the soy milk preparation, because it can cause constipation.

Procedure:

In the evening put the soybeans in water.
Rinse them well in the morning. Then put them in a pot with water. Bring to a boil, turn off the fire and blend. Bring to a boil again, lower the fire and cook for another 10'. Then filter by putting a napkin or a gauze on a colander. Squeeze well, so that all the milk gets drained.

Tofu made with lemon juice

Preparation time: 15’

Cooking time: 10’ (more or less)

portions: about 90 gr

Ingredients:

soy milk: 2 liters

lemon juice: 60 ml

boiling water: 250 ml (1 cup)

Procedure:

Put the soy milk in a pot and turn on the fire. Bring it to a boil. Turn off the fire and wait 2 minutes. Mix the lemon juice with 250 ml of boiling water and add slowly to the milk while stirring. Wait 5'. The milk will become curd, which are small tofu flakes floating in a semi-transparent yellowish liquid. Cover a colander, a strainer or a tofu mold with a cloth or a gauze, and pour the soy curd, so that the serum comes out. Press slightly, cover with the cloth or gauze and put a weight over it. To get tofu more or less hard, you will have to lengthen or decrease the time you keep it under the weight (I usually go for 20'). To preserve it, put the tofu in a container with a lid, cover it with water, close the lid and store it in the fridge. To preserve the tofu for a few days, change the water every morning. The tofu obtained with lemon juice may have a reduced yield and maintain a lemon aftertaste. It's more fragile than the tofu obtained with the nigari or the calcium sulphate.

Starters

You can enjoy them with the chapatis or unleavened baked bread

…and :) remember to help my monastery, please :)

! https://www.peoplesfundraising.com/donation/suncave-monastery

Beetroot Hummus

Preparation: 5'

Yield: 5

Ingredients:

lemon/lime juice: 20 ml

tahina: 1,5 teaspoon

garlic clove: 1/2

salt: a little

cooked beetroot: 200 gr. (1 large beetroot)

Tips Around the World:

- If you cannot find the tahina, you can make it. The recipe is in the chart “Basis”.

Directions:

Peel the beetroot and blend it with the lemon juice and the tahina.

Peel the garlic and cut into slices.

Then dip it in the hummus.

Salt lightly.

Cover it and place in the refrigerator for several hours.

Remove the garlic, and season it with salt and lemon juice.

Serve at room temperature with pita, or chapati or unleavened bread.

Pumpkin Hummus

Preparation: 15 '

Cooking time: 15'

Yield: 6

Ingredients:

pumpkin (including seeds and peel): 450 gr.

garlic clove: 1/2

lemon/lime juice: 20 ml.

tahina: 4 teaspoons

nutmeg: to taste

salt: very little

Tips Around the World:

- If you cannot find the tahina, you can make it. The recipe is in the chart “Basis”.

Directions:

Wash the skin of the pumpkin, remove the seeds and filaments.

Cut the pumpkin into 1 cm thick slices.

Bake in preheated oven at 180ºC degrees for 10-15 minutes.

When the pumpkin pulp gets soft, remove from the oven and peel it.

Peel and cut the garlic in half.

Put the pumpkin to cool.

Reduce the pumpkin to a puree, then add the other ingredients.

Mix well.

After an hour, remove the garlic.

Serve as an appetizer with pita bread or chapatis or unleavened bread.

Soft Tofu with Herbs

Preparation: 5'

Yield: 3

Ingredients:

soft tofu: 150 gr.

chopped aromatic herbs: 1 tablespoon

salt: a little

the aromatic herbs that fit this recipe are:

- 2/3 of basil and 1/3 of mint

or

- only basil

or

- only mint

or

- 50% coriander and 50% mint

Directions:

Cleanse, wash, dry and chop the herbs.

Add them to the tofu with a little salt and mix well.

It is good for pasta, rice or to make croutons.

Basil and Celery Sauce

Preparation: 15'

Yield: 6

Ingredients:

celery: 70 gr.

basil: 50 gr.

garlic clove: 1/2

onion: 40 gr.

oil: 3 tablespoons

salt: a little

lemon/lime juice: 16 ml.

Tips around the world:

- You can replace the basil with fresh coriander.

Directions:

Cleanse, wash and dry the vegetables and the basil.

Peel, wash and cut in half the garlic.

Finely chop all vegetables (except garlic) and basil.

Put them in a bowl and season with olive oil, lemon juice and salt.

Add the garlic.

Cover the bowl with a plastic film and put in the refrigerator.

Leave the garlic in the sauce a few hours then remove it.

This sauce keeps well in the refrigerator in glass jars with the lid tightly closed, if you have the foresight to always cover the sauce with a film of oil.

Soups

Instant Broth

Preparation time: 1'

Cooking time: the time to make the water hot

Ingredients:

water: a cup

Do-It-Yourself Stock Cube: 1/2 tsp

Tips Around the World:

Remember: the DIY Cube is rich in salt, so do’t put a LOT of it! The DETOX is a low salt diet!

Procedure:

Bring the water to a boil and add the DIY stock cube. Mix. It’s ready.

Vegetable soup

Preparation time: 15'

Cooking time: 35'

Servings: 2

Ingredients:

carrots: 60 gr

celery: 30 gr

onion: 60 gr

zucchini: 80 gr

topinambur: 60 gr

minced parsley or basil: 1 spoon

extra virgin olive oil: 2 spoons

water

little salt

Tips from around the world:

- You can use pumpkin instead of zucchini
- Use parsley in winter and basil during summer. Fresh cilantro is also fine. You cannot have the herbs? Go without them.

- The amount of water depends on your taste, use less if you want a thicker soup.

-You can cut the pieces of vegetables you are not going to use into cubes and put them in the freezer, ready to be used some other time.

- If you can't find topinambur just don't use them or, if you have they're available, replace them with artichokes.

Procedure:
Wash, dry and chop the parsley. Wash and cut the vegetables into cubes. Peel the topinambur and dice it into cubes. Put the oil, a few spoonfuls of water and all the vegetables except the zucchini in a pot. Let everything brown, adding little water from time to time, for 15 minutes, then add zucchini, parsley, water and salt. Cook on medium heat for 20 minutes.

Rice and Celery

A soup coming straight out of my childhood

Cooking time: 15’ + the cooking time of the rice

Preparation time: 10’

Servings: 3

Ingredients:

celeriac: 160 gr

rice: 200 gr

broth: 1,5 lt

extra virgin olive oil: 1 spoon

grated parmesan: 1,5 teaspoon per person

Tips from around the world:

- If you use normal celery, put half the recommended amount in the recipe. The celeriac has a very delicate flavor, whereas the normal celery has a stronger flavor, more sour.

- If you don't have broth, use the "DIY s Stock Cube".

- If you find celeriac, remember to use only the root after peeling it, while if you use normal celery you need to use the sticks after removing the leaves and the hard filaments

Procedure:

Peel the celeriac root and cut it into cubes of 1cm per side. Put the oil in the pot along with some water, the celery and a pinch of salt, then let it brown a bit. If it's too dry, add a few spoonfuls of broth. When the celery softens, add the broth. Boil for 5 minutes and add the rice. You need to cook it while keeping in mind the cooking time of the rice you chose. When it's ready, turn off the fire and add grated cheese. Wait a few more minutes and serve.

Daikon, Carrot and Leek Soup

Preparation time: 14 minutes

Cooking time: 20 minutes

Servings: 5

Ingredients:

360 gr. of daikon

150 gr of leeks

250 gr of carrots

5 slices of ginger

2 tablespoons of oil

salt q.s.

water q.s.

Tips around the world:

- I didn't write the quantity of water because it depends on how dense you want your soup.
- Use the green part of the leek as well as the white.

- In order to achieve the perfect taste, you should use vegetable broth instead of water. You can follow the recipe of the “DIY stock cube”

- If you can't find leeks, you can use fresh spring onions. If you can't find that neither, use some onion, but finely chop it and then pass it under running water to make the flavor more delicate.

- As for all DETOX recipes, the best option is using olive oil, but, if you can't find it, or it's too expensive, you can use sunflower oil instead.

Procedure:

Wash well and clean the vegetables.

Peel the ginger and chop it finely.

Grate the daikon and the carrots.

Slice the leeks thinly.

Put the oil and vegetables in a pot.

Let them cook on medium heat for 10 minutes.

Then add water (or broth, or water and the DIY stock cube).

Bring to a boil and cook for another 10 minutes.

Creamy Pea Soup

Good with dried peas, fantastic with fresh peas

Preparation time: 10'

Cooking time: 5' + 25'

Servings: 4

Ingredients:

peas: 500 gr

carrots: 65 gr

onion: 50 gr

celery rib: 1

extra virgin oil: 2 spoons

leek: 100 gr

thyme twigs: 2

bay leaves: 1

parsley twigs: 3

boiling broth: 800 ml

chervil or parsley to decorate

Tips from around the world:

- This delicious soup can be prepared using both fresh peas (or frozen) and dried peas. The quantity of fresh peas is about 500 gr, whereas you'll need 250 gr if you use dried peas.

- If you can't find parsley and thyme, don't use them and proceed by the recipe.

Procedure:
Wash, cleanse and chop carrots, onions and celery. Wash the herbs. If you use parsley, grind it. Cleanse the leek from the rotten part, wash and finely chop it.

With fresh peas:

Put onion, celery, leeks and carrots in a pot with oil and a few spoonfuls of broth. Cook the vegetables, adding broth if the they get too dry. Add the herbs, peas and 8 deciles of boiling broth (or hot water with DIY stock cube). Cook on medium heat for 25 minutes. Remove the herbs twigs, then puree the soup until you get a cream. If it's too dense, add hot water to dilute it. Decorate the plate with chervil or chopped parsley.

If you use dried peas, wash them, then let them soak for half an hour before cooking them. Add them to the pot as described above, but then cook them in the pressure cooker for 25 minutes.

Artichokes Scrap Soup

Preparation: 15'

Cooking time: 30'

Yield:3

Ingredients:

artichokes’ scrap: 2

garlic clove: 1/2

oil: 1 and 1/2 tablespoon

soy milk: 1 cup (250 ml)

salt: a little

parsley: 3 teaspoons

water: q.s.

Tips around the world:

- If you do not have parsley, you can substitute it with a little bit of dry mint. The mint cannot be fresh, because its taste is too strong.

Directions:

When you cook the artichokes, do not throw away the scraps, wash them well and put in a pot covered with water.

Simmer for 15', then squeeze them with the vegetable mill.

Peel, wash, dry and chop the parsley.

In a saucepan put 1 and 1/2 tablespoon of oil, 1/2 garlic clove and a tablespoon of water.

Cook until the garlic becomes soft.

Then remove it and add the artichokes “juice”, the soy milk and the parsley.

Add a little salt.

Cook the soup for 15 minutes.

Check for salt.

Serve with unleavened bread.

It is also useful as broth to make "artichoke’s risotto”.

Rice

Cinnamon, Rice with Bay Leaves

A delicious Indian specialty

Preparation time: 5’

Cooking time: 20’

Servings: 4

Ingredients:

rice (basmati or thai): 360 gr

extra virgin olive oil: 3 spoons

onion: 65 gr

cinnamon powder: 2 gr

bay leaves: 1

Procedure:

Wash the rice thoroughly until the water becomes clear and let it soak. Peel, wash and slice the onion. Put it in a pan with oil, the bay leaf and a few spoonfuls of water.

Cook until the onion softens, then add the cinnamon. Cook for a few minutes on medium heat.

Add some hot water if you need to.

Remove half of the onion and save them for later, then put the rice in the pot. Mix for a couple of minutes and add boiling water in a double amount to the rice volume.

Finish cooking, remove the bay leaf and decorate using the onions you took earlier.

Rice with red chicory (radicchio rosso), carrot and lemon peel

Preparation time: 7'

Cooking time: 15’ (it depends on the cooking time of the rice you chose to use, the one I was using had a cooking time of 15’)

Servings: 2

Ingredients:

carrot: 1

oil: 1 tablespoon

radicchio rosso (red chicory): 2 handfuls

grated lemon/lime peel: 1 teaspoon

cinnamon: 1 pinch

Tips around the world:

- If you can't get the radicchio rosso (red chicory), use another bitter salad.

- In Asia you can use a couple of tablespoons of boiled karela, the bitter gourd, finely chopped. Karela is VERY bitter so, in order to have a balanced taste, first you cleanse your karela, cut it in slices and then you put some salt on it. Let it there for a while so it will let the bitter taste go out. Then wash it very carefully and boil it.

Procedure:

Clean off the the non edible parts of the carrot. Wash and cut it in very small cubes, the smaller the quicker to cook. Clean the red chicory too and cut it roughly. Wash well the lemon (a non treated one) and grate the lemon/lime peel, being careful not to grate the white part that is bitter.

Cook the rice in a good quantity of slightly salted water (see how to cook rice) or cook it Indian style.

Meanwhile in a frying pan put the oil, a few tablespoon of water and the carrots cubes. Add a little salt and let them cook for 5 minutes.

Then add the red chicory and the cinnamon. Let them cook for 5 minutes more, stirring.

When the rice is ready drain it.

Add to the vegetables the lemon/lime peel and stir nicely, then add the rice

and stir again.

Rice with artichokes

Preparation time: 15'

Cooking time: 15’ (it depends on the cooking time of the rice you chose to use, the one I was using had a cooking time of 15’)

Servings: 2

Ingredients:

artichokes: 2

garlic clove: 1

onion: 1/2

oil: 3 tablespoons

chopped parsley: 2 tablespoons

salt: a little

rice: 270 gr

Tips around the world:

- If you don't have parsley use a bit of pennyroyal or dried mint instead. Or nothing.

- If you want to prevent the artichokes from blackening put them a bowl full of water with half a lemon/lime squeezed in.

Procedure:
Peel the garlic and the onion. Mince the onion and cut the garlic in two parts. Clean, wash, dry and finely chop the parsley. Clean off the the non edible parts of the the artichokes (there is a tutorial in the tutorial chapter). Wash and cut them into 8 pieces and place them in a bowl full of water with half a lemon/lime squeezed in to prevent them from blackening

In a pan, put 2 tablespoons of oil, a few spoonfuls of water, garlic and onion. Cook on medium heat until the onion becomes soft and transparent.

Add the artichokes and some salt. Stir and then add some water.

Add the parsley.

While the whole thing is cooking, stir from time to time and if you see that it's getting too dry add some water. It should take about 10 minutes but be careful and

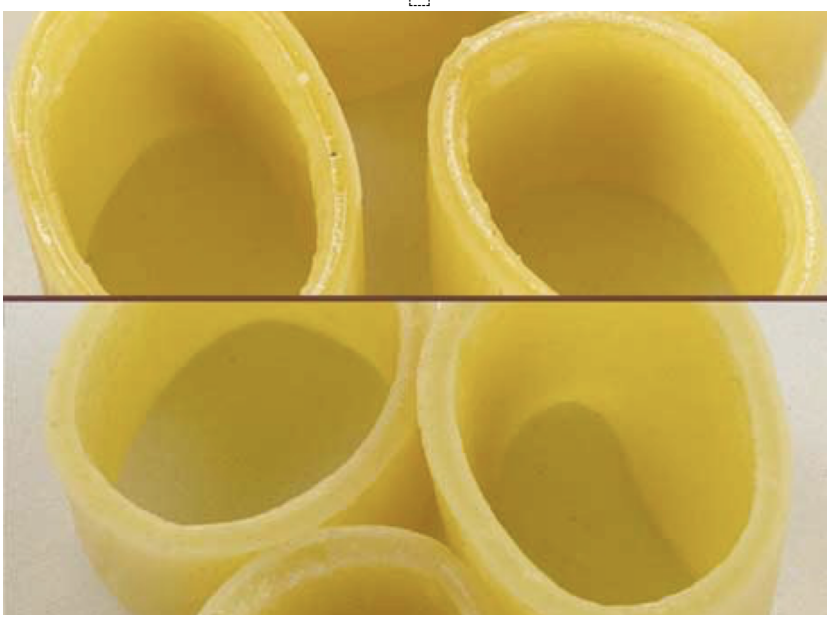
keep it under control, because the cooking time depends a lot on the quality and the freshness of artichokes, which are ready when they become soft. Remove the garlic.

In the same time cook the rice in a good quantity of slightly salted water (see how to cook rice) or cook it Indian style.

Season the rice with the artichokes.

Pasta

Correct way of cooking pasta



Pasta NOT yet well Cooked (above). Cooked (below)

Ingredients:

for each 100 gr of pasta:

1 liter of water

1/2 spoon (5 gr) of coarse salt

IMPORTANT NOTE: I know that Italians can cook pasta even while they're sleeping... but the DETOX diet has a salt restriction. How much salt do you use usually? Now it's time to start control it.

Tips around the World:

- **If you suffer from a serious liver disease** DO NOT use the dried pasta from the grocery store, use ONLY homemade fresh pasta following our recipes. For serious disease patients, dried pasta is too difficult to digest and puts the stomach under stress.
On the other hand, if you are just doing the detox diet for 15 days, or you have a problem with bad blood circulation, you can eat it without any problem. But cook it well.

Procedure:

Put the water in the pot, turn on the stove and bring it to a boil.

Add salt only when the water bubbles. If you add salt before, it will take longer to boil. When the salt is melted, add the pasta.

Stir, but gently, especially with fresh pasta, so that it doesn't stick. Occasionally give some stirring even while cooking the pasta.

Each different type of pasta has its own cooking time. If you use pasta from the grocery store, follow the instructions, if you do it at home, I've included the indicative time for each type of pasta in the recipes.

When the pasta is almost cooked, take a piece and break it or try to cut it with your teeth. If there's still a dull white part, or if the pasta is still somewhat hard, the pasta is not yet ready. Try again after a while, my mom used to say "un boieto", a little more boiling.

When the piece of pasta is translucent both inside and outside, it's ready. Remember that for the stomach and the liver it's very important that the pasta is WELL cooked.

Vegetable Garden Pasta

Cooking time: 20’

Preparation time: 15’

Servings: 2

Ingredients:

fresh pasta: 180 gr.

carrots: 50 gr.

leek: 60 gr.

celery: 15 gr.

green beans: 30 gr.

zucchini (courgette): 1

extra virgin olive oil: 1 tablespoon

minced rosemary, sage and parsley: 1 tablespoon

Tips from around the world:

- The herbs can be replaced with fresh cilantro and mint, with thyme, with basil or with a pinch of oregano.

- You can use spring onions instead of the leek.

- The zucchini can be replaced with lady's fingers (okra) or pumpkin.

- If you don't have celery, use more zucchini (or okra).

- You can replace green beans with a couple spoonfuls of lentils or peas.

Procedure:

Clean and wash the vegetables and the herbs. Cut the leek into fairly thin rounds and the rest of the vegetables a la julienne. Chop the herbs.

In a frying pan put the oil, a few spoonfuls of water and the leek, carrot and green beans. Cook for 5 minutes.

Add some more water, the rest of the vegetables, lightly salt and cover the pan. Let them cook.

When the sauce is almost ready, add the herbs.

In the meantime, put 200 ml. of water in a pot and bring to a boil. Add salt and pour the pasta. Stir the pasta so that it doesn't stick, then let it cook (if it's homemade tagliatelle it will take about 3 minutes).

Drain the pasta well and add the sauce. Stir.

…and :) remember to help my monastery, please :)

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Pasta with red chicory (radicchio rosso)

Preparation time: 10'

Cooking time: 10’

Servings: 2

Ingredients:

oil: 1 spoon

minced mint and basil (or just one of these): 2 teaspoons

radicchio: gr 200

salt

pasta: 180 gr

Tips from around the world:

- If you can't get the radicchio rosso, use another bitter salad. In this case you'll have to use more herbs and also add some grated lemon/lime peel (be careful to use only the yellow part)

- If you can't find any bitter salad, you can use boiled bitter gourd (karela).

Procedure:

Wash the herbs, dry and mince them.

Cut the roots of the radicchio and throw away the ruined leaves. Carefully wash them and cut them roughly.

Take a pan and put some oil along with the radicchio, let it cook for a few minutes and add some salt.

At the same time, boil the water, add salt and the pasta.

Cook, drain and put it in the pan with the radicchio. Stir it up.

Add herbs of the pasta and serve.

Manali Sauce

Preparation time: 10'

Cooking time: 25’

Servings: 2

Ingredients:

dried shiitake mushrooms: 10 gr

carrots: 35 gr

turmeric: 1 pinch

fresh or frozen peas: 100 gr

onion: 15 gr 2 tablespoons

soy milk: 1 cup (250 ml)

oil: 1,5 tablespoons

salt

parsley or coriander leaves: 1 teaspoon

water: 1/2 cup (125 ml)

Tips from around the world:

- Can't find parsley or coriander? Use half leaf of laurel instead and remember to remove it from the sauce when it's ready.

- It's great both with pasta and rice.
- If you are so lucky and you can have fresh shiitake you can find the conversion in the chapter “Tips”.

Procedure:

Let the shiitake soak for 5 hours before starting to cook. If they are big, put them in water the night before. When they are well hydrated, cut the stem and throw it away, then slice the mushrooms thinly.

Clean, wash and dry the parsley. Wash, peel and slice the carrots. Wash and slice the onion finely.

In a frying pan put the oil, a few spoonfuls of water, the onion and the carrot. Let it cook for 10', then add the mushrooms, turmeric and salt. Stir from time to time.

After 5', add the peas and cook while adding, when needed, the soy milk. The result must be creamy.

Before serving, sprinkle with parsley or coriander.

Pizzoccheri with Green Beans

Preparation time: 10'

Cooking time: 13’/15’

Servings: 2

Ingredients:

green beans (French beans): 130 gr

pizzoccheri: 180 gr

oil: 2 spoons

minced parsley:1 teaspoon

basil leaves: 3

Tips from around the world:

- If you can't find buckwheat flour and you can't make the pizzoccheri, prepare a normal pasta like tagliatelle.

- Many countries harvest the green beans when they are large, fibrous, and with beans already formed inside. Try to find younger green beans. The taste difference is remarkable. However, if you can only find the big and old green beans, proceed as explained in the recipe, but you'll have to add flavor in this way: in a frying pan put 2 tablespoons of oil, two of water, some chopped onion and ginger powder. Cook, if needed, add water a little at a time until the onion becomes transparent. When the pasta and the green beans are cooked, fry them in the pan with the onion and the ginger to make them absorb the flavor.

- If you don't have basil and parsley, don't use any herbs.

Pizzoccheri with Savoy Cabbage

Preparation time: 15

Cooking time: 15

Servings: 3

Ingredients:

savoy cabbage or Chinese cabbage: 250 gr

pizzoccheri (the recipe to prepare them is in: basics):180 gr

oil: 2 spoons

sage leaves: 4

garlic clove: 1

turmeric: 1 pinch

grated cheese: 4 teaspoons

Tips from around the world:

- Don't have any sage? Use a bit of dried thyme.

Procedure:

Clean the vegetables and wash them well. Peel and cut the garlic into two pieces. Slice the Chinese/savoy cabbage.

Put a pot of water on the fire and cover it with the lid.

In a frying pan put 1 tablespoon of oil, 4 minced sage leaves, turmeric, garlic cut in half and 4 tablespoons of water. Keep cooking on minimum heat until the garlic softens.

Then take it out of the pan and throw it away and turn off the fire. When the water boils, add the salt and the cabbage (if you use Chinese cabbage, add only the toughest, whitest parts and keep the green parts, we're going to add them together with the pizzoccheri).

After 15' add the pizzoccheri. Cook for 10 minutes.

Drain, pour into the pan and season. If you like, add 2 teaspoons of grated cheese to each dish.

Procedure:

Cleanse the green beans and wash them well.

Put a pot of water on the stove and cover it with the lid. If the green beans are young and very fresh, pour them into the water 5 minutes before the pasta, otherwise put them in when the water is still cold.

When the water boils, add the salt, and when it starts to boil again, add the pizzoccheri.

Cook for 10 minutes, then drain.

In a frying pan, heat the oil and the minced herbs. Mix the pastaand green beans and let them flavor.

Pasta with Broccoli (or Cime di Rapa)

Preparation time: 15'

Cooking time: 20'

Servings: 4

Ingredients:

pasta: 360 gr

grated and toasted unleavened bread: 2 tablespoons

garlic: 1 clove

olive oil: 3 tablespoons

cime di rapa: 1 kg

or

broccoli: 300 gr

salt

Procedure:

If you're going to use cime di rapa be sure to put only the leaves and the tops with the flowers. If you use broccoli instead, put only the flowers divided in florets.

Wash the vegetables well, peel the garlic and divide it into two parts. Traditionally, the vegetables are cooked with the pasta, but it's not that easy. Cooking times differ depending on the type of the pasta, so if you are not experts, you should do this: put the water for the pasta on the stove. When it boils, add salt and the vegetables.

Boil until they are soft (time depends heavily on the freshness of the vegetables and how juicy they are ... in India, for example, they are very dry, which means that it takes longer). Collect them with a skimmer. Put them aside and keep them hot.

Pour the pasta into the water where you cooked the vegetables.

At the same time, take a pan with oil, garlic and a few tablespoons of the same cooking water. Cook for 5 minutes, then add the vegetables and stir well. Throw away the garlic and turn off the stove.

Then, take another pan, add some crumbs of unleavened bread with 1 tablespoon of oil and make them toast a bit.

As soon as the pasta is cooked, strain it and add it in the pan with the vegetables and mix. Before serving, sprinkle the pasta with the toasted bread crumbs.

Pasta with Herbs

Preparation time: 5 '

Cooking time: the cooking time of the pasta

Servings: 2

Ingredients:

chopped basil: 2 spoons

chopped mint: 2 teaspoons

chopped marjoram: 1 teaspoon

oil: 2 spoons

pasta: 180 gr

Tips Around the World:

- You can replace the herbs I listed above with those that you have, for example, a mince of sage, rosemary and lemon peel, or mint and coriander, or basil and parsley.

Procedure:

Wash and mince the herbs. Add the oil. Cook the pasta, drain it and season it with the oil and the herbs.

Pasta with Artichokes

Preparation time: 20'

Cooking time: 20'

Servings: 2

Ingredients:

artichokes: 2 (300 gr)

garlic clove: 1

olive oil: 2 spoons

salt

pennyroyal (Clinopodium nepeta): 1 teaspoon

parsley: 1 teaspoon

lemon or lime: 1/2

pasta: 180 gr

Tips from around the world:

- If you can't find pennyroyal, do not replace it with fresh mint. It has a strong flavor that would ruin the whole recipe. Use dried mint instead.

Procedure:

Clean the artichokes, wash them, cut them into quarters and put them in a bowl full of water along with half a lemon squeezed in, so that the artichokes won't blacken.

Clean, wash and chop the herbs. Peel and cut the garlic into two pieces. Put oil, garlic and a few spoonfuls of water in a frying pan.

Cook on medium heat and when the garlic becomes soft add the artichokes. Add some salt and water.

Add the herbs.

While the whole thing is cooking, stir occasionally and if it becomes too dry add some more water.

Artichokes will be ready when they become soft. At this point, remove the garlic.

In the meantime, cook the pasta, drain it and mix it with the artichokes in the frying pan.

Shrimp and Zucchini (courgette) Pasta

Preparation time: 20'

Cooking time: 25'

Yield: 1

Ingredients:

peeled shrimps: 100 gr.

whole shrimps: 150 gr.

zucchini (courgettes): 50 gr.

olive oil: 1 tablespoon

garlic clove: 1/2

1 teaspoon chopped parsley

pasta: 100 gr.

salt: a little

Tips Around the World:

- If you are lucky enough to have a garden with plants of zucchini, to make this recipe you can use zucchini's flowers instead of the fruits (or a mixture of the two). Cleanse them, cut them into strips and put them in a pan instead of zucchini. Cook 3 minutes and continue as the recipe below.

- No parsley? Can you find some basil? No basil too? Then do without herbs.

- If you live in a country where there aren't either parsley or zucchini, make a pasta with prawns only! :)

Directions:

Peel, wash and chop the onion.

Peel and cut in two the garlic.

Cut off the bottom and the stalk of the zucchini and wash them.

Cut them horizontally into slices half a centimeter thick.

Cleanse, wash and chop the parsley.

Put the pot with the water for cooking the pasta on the fire covered with a lid.

In the same time, go on with the cooking of the pasta sauce.

When the water boils, add the salt and the pasta.

In a pan, place the oil, the onion, the garlic and a few tablespoons of water. Let them dry.

Add the zucchini, lightly salt and cook until they are soft, adding a few tablespoons of water if they dry up.

Remove the zucchini from the pan.

Throw out the garlic.

Put in the pan both the peeled shrimps and the whole ones, until they change their color.

Add the parsley and stir.

Remove the whole shrimps from the pan and keep them warm.

Mix the zucchini and the peeled shrimps in the pan.

Drain the pasta, pour it in the pan with the zucchini and the peeled shrimps and stir.

Serve decorating the plate with the whole shrimps.

To make life easier, you can use only peeled shrimps, the flavor does not change and they are much easier to eat.

Meat and Fish

Chichen and Turkey

To eat chicken and/or turkey twice a week is important in the DETOX for non vegetarian people. It makes the diet more balanced, if not it would be a bit extreme.

In all our meat recipes here in the DETOX, you can decide if you like to use turkey or chicken.

Chicken with carrots celeriac and leeks

Preparation time: 7'

Cooking time: 22’

Servings: 2

Ingredients:

celeriac: 150 gr

leek: 50 gr

carrot: 80 gr

chicken/ turkey breast: 160 gr

oil: 1 tablespoon
salt: little
rosemary: 1 teaspoon

sage: 2 leaves

Tips around the world:

- You can substitute the leek with some spring onion. Or onion, but in this case chop it and then wash it under running water to make the flavor more soft.

- No fresh sage and rosemary? Use the dried ones. Not even those? You can use a pinch of thyme…or nothing.

- You cannot get the celeriac? You can use the normal celery, but reduce the quantity because its flavor is stronger..

Procedure:

Cut off the not edible parts of the vegetables and wash them. Cut julienne the celeriac and the carrot. Slice the leek in rings. Wash and cleanse sage and rosemary and finally chop them (if they are the dried ones you have only to finely chop them).

Cut the chicken in small strips. Remember that the smaller the pieces of chicken and vegetables the faster the cooking.

Put in a frying pan the the vegetables, the aromatic herbs and a few tablespoons of water. Add a little salt. Make it cook medium heat and stir every sometimes.

When the vegetables will soften add the chicken. Let it brown all around. Cook for some minutes more stirring every sometimes.

Chicken, Pumpkin and Red Chicory (radicchio rosso)

Preparation time: 8'

Cooking time: 12’

Portions: 2

Ingredients:

pumpkin: 150 gr

chicken/ turkey breast: 100 gr

red chicory (radicchio rosso): 70 gr

sage: 2 leaves

oil: 1 tablespoon

salt: a little

nutmeg (if you like): a pinch

Tips around the world:

- If you cannot find the red chicory you can use another bitter salad. If you are in Asia you can use karela, the bitter gourd. You have to boil it and to add to the dish at the end.

- If you cannot find fresh sage you can use the dry one. Or a pinch of oregano.

Procedure:

Cut off the not edible parts of the pumpkin. Wash and finely chop the sage (if you are using the dry one crumble it).

Cleanse the red chicory, wash it carefully and chop it roughly.

Cut the chicken/turkey breast in pieces,

In a frying pan put the oil, the pumpkin and the sage with a few tablespoons of water. Add a little salt. Cook at medium heat and stir every sometimes.

Let it cook until the pumpkin will become soft (pierce with a fork to check it).

Add the chicken and brown it. Add the red chicory.

Finish cooking stirring from time to time.

Chicken with Shiitake

Preparation time: 5 min

Cooking time: 20’

Servings: 2

Ingredients:

dried shiitake mushrooms: 24 gr

garlic clove: 1/2

extra virgin olive oil: 1/2 tablespoon

soy milk: 8 tablespoons

parsley: 1 teaspoon

salt: a little

chicken/turkey breast: 230 gr

extra virgin olive oil: 1 tablespoon

soy milk: 3 tablespoons

salt: a little

Procedure:

Soak the mushrooms 5 hours before cooking them, or the night before if they are big. Cut the stems and throw them away. Slice the mushrooms. Save the water you used for the mushrooms but be careful because there's going to be some sand on the bottom.

Peel the garlic and cut it in half. Clean, wash, dry and chop the parsley. Put garlic, oil and a bit of soaking water. When the garlic softens, add the mushrooms and cook them with soy milk, then add parsley and salt.

If you can, use chicken breast that is about 1.5 cm thick.

Place it in a small frying pan with oil. Brown it quickly on medium heat. Then lower the flame and let it cook slowly, adding a few tablespoons of soy milk when it's drying too much.

When it's almost ready, add salt and the mushrooms.

When you turn the chicken, use a spoon, so all the juices will stay inside and it will be softer and tastier. Great!

Croupier Chicken

Preparation time: 14 ‘

Cooking time: 30’

Servings: 2

Ingredients:

chicken: 150 gr

onion: 1/2

carrot: 1/2

celery: a handful

apple: 1/2

turmeric: 1/2 teaspoon

powdered coriander: 1/2 teaspoon

powdered black cumin: 1/4

lemon juice: 1/2

ginger: 2 teaspoons

extra virgin olive oil: 1 tablespoon

DIY stock cube: 1 teaspoon

Procedure:

Peel, wash and slice the onion and the carrot. Wash and slice the celery. Peel, remove the core and slice the apple.

Put the oil in a frying pan along with 4 tablespoons of water, spices, carrots and onion.

When the onions and carrots soften slightly, add the celery, the stock cube and the apple.

Add the diced chicken and let it cook. 5 minutes before it's ready, add the lemon juice.

Serve with Indian-style rice.

Quick Chicken

The fastest recipe for chicken but still so tasty that you won't even need salt..

Preparation time: 5’

Cooking time: 2’

Servings: 2

Ingredients:

chicken breast: 150 gr

sage: 1 teaspoon

rosemary: 1 teaspoon

very little oil

Tips from around the world:
- If you don't have sage, you can use rosemary with some grated lemon/lime peel, being careful to use the yellow part only.

Procedure:

Cut the chicken very thin. Wash, dry and chop the sage and rosemary. Prepare a frying pan with the oil.

Spread the chopped herbs on the chicken, then press them firmly with your hands, turn the meat and do the same thing on the other side.

Place the slices on the already hot frying pan. As soon as they brown, turn them on the other side.

Let the other side cook and serve immediately. No salt needed, it's already delicious as it is.

Simple Shrimps

Preparation time: 15'

Cooking time: it depends on how big the shrimps are; small shrimps will take 2 minutes to cook, medium shrimps 5 minutes

Yield: 1

Ingredients:

shrimps: 250 gr. (Please buy frozen shrimps, we do not want to kill them by boiling them alive).

oil: 1/2 tablespoon

garlic clove: ¼ (not minced)

lemon/lime juice: 2 tablespoons

minced parsley: 1 teaspoon

Tips around the world:

No parsley? Do not use it.

Directions:

Firstly, peel the garlic clove and cut it in two pieces.

Secondly - peel, wash, dry and chop the parsley.

In a small bowl put the lemon juice, the garlic, the parsley and the Extra Virgin Olive Oil.

Let this marinade sit for at least 1 hour, then remove the garlic.

Wash the shrimps and cook them in hot water.

Remove the head and legs of the shrimps, and then its shell, while keeping the tail.

Season the cooked shrimps with the marinade.

Prawns Casserole

Preparation time: 15'

Cooking time: 8'

Servings: 1

Ingredients:

prawns: 250 gr.

oil: 1 tablespoon

garlic clove: ¼ not minced

lemon / lime juice: 1 tablespoon

unleavened bread crumbs: 2 tablespoons

Directions:

Shell the prawns and wash them.

Peel the garlic.

Dip the prawns in lemon juice and then in the unleavened breadcrumbs.

Put the EVO oil in a pan with the garlic; let it cook with 2 tablespoons of water until the garlic softens and then remove the garlic.

Add lemon juice and put the prawns in the pan.

Let them change colour and then turn them.

Cook the prawns for 5' in all.

Serve with a slice of lemon/lime.

Simple Seafood Salad

Preparation: 20'

Cooking time: 2'/4'

Yield: 2

Ingredients:

squids: 300 gr

prawns or Norwegian lobster: 200 gr.

lemon/lime: 1

garlic clove: 1

oil: 2 tablespoons

salt: just a pinch

chopped parsley: 1/2 teaspoon

Tips around the world:

- No parsley? Go on without it.

Directions:

Cleanse, wash and slice the squids (or you can buy ready, frozen squids rings).

Peel, clean and wash the prawns/Norwegian lobster

Peel, wash, dry and chop the parsley.

Wash a parsley sprig too.

Peel the garlic and cut it in two pieces.

Put the water in a pot, with two slices of lemon, the sprig of parsley and a little salt in it.

When it boils, add the squid rings and the prawns and cook them for 3-4 minutes.

Then drain them.

In a small bowl, squeeze the remaining lemon, add oil, garlic and chopped parsley.

Season with the marinade and leave in the refrigerator for 30 minutes.

Before serving, remove the garlic and stir.

Sea Bream with Lemon and Rosemary

Preparation: 15'

Cooking time: 30'

Yield: 2

Ingredients:

breams: 2 (250 grams each)

rosemary: 2 sprigs

sage leaves: 2

lemon/lime: 1

breadcrumbs: 1 tablespoon

salt: a little

olive oil: 1 tablespoon

Tips Around the World:

- This recipe is good for trout and for every lean fish as well

- No sage? Use only rosemary.

- Cannot find even dry rosemary? A pinch of thyme will do. Alternatively, half a dry bay leaf for each fish. If you are using the bay leaf, use it whole and take it out when you eat the fish.

Directions:

Clean, wash and dry the fish.

Wash, dry and chop the sage and the rosemary.

Thoroughly wash the lemon and cut it into thin slices.

Grease the bottom of a baking dish with oil and arrange the slices of lemon on it.

In a small bowl, mix the herbs, the breadcrumbs and the salt.

Place the fish on the lemon slices.

Stuff the fish with the mixture of herbs, breadcrumbs and salt, then pour a little above them too.

Bake the fish in preheated oven at 200 Cº for 20'.Tempo di preparazione: 10'

Tempo di cottura: 20’

Porzioni: 2

…and :) remember to help my monastery, please :) ! https://www.peoplesfundraising.com/donation/suncave-monastery

Breaded Fish Fillets

Preparation: 5'

Cooking time: 10/20'

Yield: 1

Ingredients:

lean fish fillet: 150 gr.

unleavened breadcrumbs: as needed

salt: a little

juice of lemon/lime: to taste

oil: 1 tablespoon

Directions:

Cover the baking tray with greaseproof paper (that is where we will place the fish fillets).

Dip the fish fillets in lemon juice, then in breadcrumbs.

Place them on the greaseproof paper and sprinkle with oil.

Put in the hot oven at 180 Cº for 10/20 minutes, depending on the thickness of the fillet.

Serve with lemon wedges.

Vegetarian Main Dishes

Spiced Lentils

Preparation time: 13'

Cooking time: 20’

Servings: 2

Ingredients:

lentils: 125 gr

bay leaf: 1/4

onion: 2 tablespoons

garlic: 1/2

carrot: 1 tablespoon

lemon juice: 1/4

ginger: 2 teaspoons

celery: 1 teaspoon

turmeric: 1 teaspoon

powdered coriander: 1 teaspoon

powdered black cumin: 1 teaspoon

salt

extra virgin olive oil: 1 tablespoon

water

parsley (optional): 2 teaspoons

Procedure:

Wash the lentils, place them in the pressure pot with water in a one-to-three ratio and very little salt. Cook them for 15 minutes. In the meantime, wash and chop the carrot and celery. Peel and chop the onion and cut the garlic into two halves. In a frying pan put some oil, a few spoonfuls of water, onion, garlic, carrot, celery, the bay leaf and the spices. Add salt.

Cook until the vegetable softens, adding water gradually when it gets too dry. When the vegetables are soft and the lentils boiled, combine the two preparations, add the lemon juice and the parsley.

If needed, add some more salt. Cook on medium heat for a few minutes to mix

the flavors. Serve with unleavened bread, chapati or pita bread (the recipe can be found in DETOX 2 in the bread and pizza chapter) or rice.

Fava Beans Maccu

Preparation time: 2’

Cooking time: 1 h

Servings: 4

Ingredients:

shelled dried fava beans: 500 gr

extra virgin olive oil: 4 tablespoons

salt

Tips from around the world:

- You can use both dried fava beans or fresh fava beans that are too hard to eat raw.

- This dish is served with dandelion (see recipe in detox 2) and/or boiled sliced spring onions. Can't use dandelion? Use a bitter salad cooked with little oil and the scent of garlic (which you'll have to remove), or with boiled karela.

- If you don't have “DETOX 2” here's what to do with the dandelion: wash, boil and season it olive oil and little salt..

- If you don't have time to cook the fava beans, use the pressure cooker. Cook them with water and a pinch of salt for 20 minutes. Then blend them. The maccu must be consistent, like a soft potato puree.

Procedure:

If you use dried beans, put them in a bowl full of water the night before. In the morning, rinse them and put them in a pot (the ideal would be a clay pot) with enough water to cover them. Add little salt. Bring to a boil and let them simmer gently on low heat for an hour. Remove the foam with a skimmer. Then blend them well. Check if they need more salt. Remove from heat and season with good quality oil. It's a great dish both hot, warm and cold.

Chickpeas “Omelette”

Preparation time: 20' + soaking time

Cooking time: 15’

Cooking time: 4

Ingredients:

chickpea flour: 75 gr

water: 125 gr

salt: a little¢¢

oil: 2 tablespoons

Tips around the world:

- You can cook it in a frying pan or in the oven. If you decide to cook it in the oven it will be ready when the surface will have a nice golden color.

- If you bake it you will have a very light dish, on the other end with the frying pan it will be cheaper and quicker to get.

- It is excellent made only with chickpea flour, but I love to add to it some cooked vegetables leftover. The best are: chicory, zucchini and artichokes.

Procedure:

Sift the chickpea flour. Add a little bit of salt and mix it well with the water , so that it doesn't form any lumps. Let it rest for at least 4 hours.

Grease slightly with oil the frying pan, make it hot on the fire, and pour in the batter.

If you like to add some cooked vegetables put them on the bottom of the pan, distributing them nicely, before you pour in the batter. Let the “omelette” cook for 7 minutes. Then, using the lid, flip over your "chickpea omelette". Let it cook until it's ready, that is when it will detach easily from the pan.

If you want to bake it, grease a baking pan and pour the batter in it. If you put some vegetables put them on the bottom of the pan, distributing them nicely, before you pour in the batter.

Preheat the oven to 180° C and pour in the “omelet”. Let it cook until the surface will be of a nice golden color.

Artichokes, Peas and Zucchini Casserole

Preparation time: 10'

Cooking time: 19’

Servings: 2

Ingredients:

artichokes: 3

zucchini: 2

peas: 200 gr

onion: 1/2

oil: 2 tablespoons

salt: a little

parsley (if you like): 1 teaspoon

Tips around the world:

- you can use frozen peas

Procedure:
Cut off the not edible parts of the vegetables. Wash them. Peel the onion and mince it. Cut the artichokes in 8 parts and the zucchini in small sticks.

If you do not want the artichokes to blacken, put them in a bowl with water and lemon or lime juice. At the moment of using them just take them out the water.

In a pot put the oil, the onion and a few tablespoons of water. Cook on medium heat until the onion become soft.

Add the artichokes and the zucchini.

Let it cook stirring from time to time. After 5 minuted add the peas. Go on cooking and, if the vegetables are becoming too dry, add some tablespoons of water.

When it will be cooked add the parsley.

Carrots, Leaks and French Beans

Preparation time: 10'

Cooking time: 19’

Servings: 1

Ingredients:

leek: 1/3

carrots: 2

green beans (french beans): 100 gr

basil: as much as you like

oil: 2 tablespoons

Tips around the world:

- If you cannot get basil you can use a little bit of thyme or oregano. If you like a fresher note put a pinch of mint.

Procedure:

Cut off the not edible parts of the vegetables. Then wash them.

Cut the carrots julienne and the leeks in rings.

Wash the basil leaves,

In a frying pan put the oil, the carrots, the green beans and a few tablespoons of water. Add a little salt.

Cook at medium heat stirring from time to time.

Add the basil five minutes before the vegetables are ready.

Lentils with Mint

Preparation time: 8’

Cooking time: 50’

Servings: 2

Ingredients:

dried lentils: 125 gr

extra virgin olive oil: 1 tablespoon

salt

mint

Procedure:

Soak the lentils 30' before cooking them. Rinse and flush the water. Put the lentils in a pot, cover them with water and let them cook. If needed, add more water. Add some salt and serve with crude olive oil and minced mint as desired.

Side Dishes

Of course you can have boiled vegetables (from the list of the allowed vegetables). Boiled, NOT cooked with steam! And you can season them with some oil, a little salt (or a little gomasio) and lemon juice. Or a little salt, oil and finely chopped aromatic herbs. You can choose the ones you like: basil, mint, parsley, coriander leaves and so on.

How to boil the beetroots

Preparation time: 5'

Cooking time: 10’

Servings:

Ingredients:

beetroots

Tips around the world:

You can season the beetroots as follows:

- Extra Virgin Olive Oil, a pinch of salt and chopped mint.

- Extra Virgin Olive Oil, lemon juice and a pinch of salt.

Procedure:

Cut off the small radishes and the top of the beetroots with a knife, as they are inedible and wash them thoroughly.

Then put them in a pressure cooker and cover them with water.

When the pressure cooker starts to whistle, let them cook at low flame for 10 minutes.

If you are cooking them in a normal pot, let them boil until you can pierce them easily with a fork.

Sauteed Broccoli

Preparation time: 10'

Cooking time: 25’

Servings: 2

Ingredients:

broccolo: 1 (500 gr)

oil: 2 tablespoons

garlic clove: 1

Procedure:

Cut the broccoli stalk and throw it (or peel it if soft enough in the light green, almost white core). Peel the garlic clove.

Cut the flower in smaller pieces. Put it to boil in slightly salty water. It will be ready when it becomes soft enough to be pierced easily with a fork. Drain it.

In a frying pan put the oil, a few tablespoon of water and the garlic clove. Let it cook at low fire. When the garlic clove will soften, throw it away and add the broccoli.

Cook for another two minutes, stirring well to let the broccoli get the flavor.

Artichokes Casserole

Preparation: 20'

Cooking time: 20'

Yield: 2

Ingredients:

medium artichokes: 2 (300 gr.)

garlic clove: 1

olive oil: 1 tablespoon

salt: a little

chopped parsley: 1 teaspoon

1/2 lemon/lime

Tips Around the World:

- No parsley? You can use calamint or a touch of dried mint, reduced in powder.

Directions:

Cleanse the artichokes, wash them, cut them into quarters and place them in a bowl of water with half a squeezed lemon/lime, so they do not blacken.

Peel the garlic and cut it in two.

Peel, wash, dry and chop the parsley.

In a pan, put the garlic, the olive oil and a few tablespoons of water.

Cook over medium heat until the garlic softens.

Add the artichokes and salt them lightly.

Stir.

Add the water and cook until they become soft.

Remove the garlic and add the parsley.

DO NOT throw the scraps! Use them to make the Artichokes Scrap Soup. You will find the recipe in the soups chapter.

Carrots with LemonCarrots with Lemon

Preparation: 7'

Cooking time: 15'

Yield: 2

Ingredients:

carrots: 300 gr.

lemon/lime juice: 4 tablespoons

salt: a little

Directions:

Cleanse, peel and wash the carrots.

Cut them into julienne.

Put the oil in a pan with the carrots. Salt lightly and sauté for 5 minutes, stirring.

Add the lemon juice and cook over low heat until the carrots absorb all the juice.

Serve hot.

Scented Carrots

Preparation: 6'

Cooking time: 20'

Yield: 2

Ingredients:

carrots: 300 gr.

onion: 1/4

turmeric: a pinch

thyme: a pinch

salt: a little

broth: as need

oil: 1 tablespoon

sugar: 1 teaspoon

Tips around the world:

- Do you not have any thyme? Use very, very little oregano. You do not you have oregano either? Do not use any herbs.

- If you prefer, instead of sugar you can use 2 teaspoons of raisins.

Directions:

Clean, peel and wash the carrots.

Peel and slice the onions.

Place the turmeric and the carrots in lightly salted water.

Boil for 5 minutes, drain.

Slice the carrots.

Put them in a pan with 1 tablespoon of oil.

Cover them with the broth and add the thyme.

Cook over low heat, until the broth is absorbed and the carrots have become soft (add more broth if needed).

In a frying pan put the oil, the onion, a teaspoon of sugar and a tablespoon of

water. Cook at medium heat until the onion gets soft.

Add it to the carrots, stir. Wait a couple of minutes then serve hot.

Chicory (Catalogna)

Preparation: 15'

Cooking time 20'

Yield: 4

Ingredients:

chicory : 700 gr.

garlic clove: 1

oil: 3 tablespoons

salt: a little

Directions:

Catalogna is the 8th picture in “Ingredients that not many people know”. It is a chicory with strong leaves, that’s why you need to pre-cook it.

Cleanse and wash well the chicory.

Then put them in a pressure cooker with enough water to cover them. Cook for 5 minutes from when it starts to whistle.

Drain and coarsely cut it.

Put the oil in a pan with the garlic cut in two and a few tablespoons of the chicory cooking water.

When the garlic is softened, add the vegetables and cook for 20 minutes.

At the end, add a little salt and remove the garlic.

Backed Onions

Preparation time: 10'

Cooking time: 15’

Servings: 2

Ingredients:
onion: 140 gr
grated unleavened bread: 4 tablespoons

oil: 1 tablespoon
salt: a litte

oregano: a pinch

Tips around the world:

- You can use a pinch of thyme or some minced basil if you don't have oregano. Or even some minced sage.

- Onions are very important in DETOX because they are diuretic.

Procedure:

Peel and slice the onions.

Grease a baking try with a little oil. Cover it with the sliced onions, add with little salt, the grated unleavened bread and the aromatic herb you have chosen. Sprinkle with the rest of the oil.

Preheat the oven to 180° C . Put the onions inside the oven and let them cook 15 minutes.

Green Beans with Breadcrumbs

Preparation: 15'

Cooking time: 22'

Yield: 4

Ingredients:

green beans (French beans): 250 gr

onion: 1/2

1 tablespoon olive oil

basil leaves: 4

breadcrumbs: 10 tablespoon

lemon/lime juice: 1 teaspoon

salt: a little

Directions:

Cleanse and wash the green beans.

Boil them (in a pressure cooker it will take 12 minutes)

In a pan, put the olive oil and the onion, salt lightly and cook for 5 minutes.

Add the breadcrumbs and the lemon juice.

Cook until the breadcrumbs get golden brown (about 2 minutes).

Add the green beans and let them cook for 5 minutes.

Serve hot.

Turnip Stew

Preparation: 8'

Cooking time: 30'

Yield: 2

Ingredients:

onion: 1/2

oil: 3 tablespoons

turnips: 160 gr.

salt: a little

ginger: a pinch

Tips Around the World:

• If the turnips have the leaves, wash and cleanse them, chop and add to the turnips, they will be tastier.

Directions:

Peel and chop the onion.

Cleanse, peel and wash the turnips.

Cut the turnips into cubes 2 cm wide.

Put the onion, the oil, the ginger and a few tablespoons of water in a pan.

When the onions get soft, add the turnips. Salt lightly.

Bring to cook, stirring occasionally and adding water when needed.

Boiled Karela (bitter gourd

Preparation: 15'

Cooking time: 20'

Yield: 2

Ingredients:

karelas (bitter gourd): 2

salt: a little

oil: 1/2 tablespoon

lemon/lime juice: to taste

Tips around the world:

• If the bitter taste of the karela is too much for you, you can sprinkle, the karela washers with salt. And let it stay on a plate for a while, so to throw out the bitter water. Then you wash very carefully and you boil it.

Baked Fennel

Preparation: 5'

Cooking time: 25'

Yield: 3

Ingredients:

fennel: 600 gr

gomasio: 1 teaspoon

nutmeg: a pinch

oil: 2 tablespoons

water/vegetable stock: 4 tablespoons

Directions:

Cleanse the fennel, wash and cut them into quarters.

Put the water to boil, then blanch the fennel for 6 minutes.

Drain well.

Cut the fennel quarters into slices 1 cm thick.

Grease a baking dish with oil, place the fennel and sprinkle with gomasio.

Add the stock.

Bake in preheated oven at 180 ºC degrees for 20 minutes.

You can cook the same way topinambur (Jerusalem artichokes).

Cabbage Stew

Preparation: 12'

Cooking time: 25'

Yield: 1

Ingredients:

onion: 1 tablespoon

ginger: 1 pinch

bay leaf: 1/2

chicken broth: as needed

salt: a little

oil: 1/2 tablespoon

cabbage (preferably savoy cabbage): 200 gr.

Tips Around the World:

• You can make the broth with the Do-It-Yourself Stock Cube. You find the recipe in basis.

Directions:

Peel the onion and chop it.

Cleanse the cabbage, removing the hardest parts and the rotten leaves. Wash it and cut it into strips.

Place the oil, the onion, the ginger and a tablespoon of water in a skillet.

Let it dry.

Add the cabbage, the bay leaf and salt lightly.

Finish the cooking.

Baked pumpkin

Preparation: 5'

Cooking time: 15'

Yield: 3

Ingredients:

pumpkin: 300 gr.

rosemary (or oregano): as you like

salt: little

Directions:

Wash the skin of the pumpkin, remove the seeds and the filaments.

Cut it into 1 cm thick slices, sprinkle with rosemary and a pinch of salt.

Bake in the oven at 180 ºC for 10-15 minutes or until the flesh of the pumpkin becomes soft.

Remember that it is the basis for the pumpkin hummus. To do it, cook a little more of pumpkin, and the next day you can prepare the hummus.

Beverages and Cakes

Remember that the liver doesn’t like the sugar, so do not exceed! Remember that you can use the stevia leaves as sweeteners. It is good for the liver. But only the leaves, the processed one is not good at all.

And of course you can have: Cappuccino of barley and soy milk, barley coffee, chicory coffee, chamomile and once a day a cup of light tea.

…and :) remember to help my monastery, please :) ! https://www.peoplesfundraising.com/donation/suncave-monastery

Hot drinks

Barley coffee

chicory coffee

mint tea,

fennel tea

green tea

rose tea

camomile tea

lemon balm (melissa) tea

black light tea

Mint and Lemon Drink

Preparation: 5'

Yield: 1

Ingredients:

mint leaves: 20 gr.

lemon juice: 50 gr.

water: 100 ml.

sugar: 2 teaspoon

Directions:

Wash the mint leaves.

In a small pan, melt the sugar with the water.

Let it cool.

Squeeze the lemon.

Whisk together the lemon juice, the water and the mint.

It is very refreshing.

Beetroot Juice

Preparation: 5'

Yield: 1

Ingredients:

raw beetroot: 1 medium

salt: a small pinch

lemon/lime juice: 1 tablespoon

sprig of mint (optional): 1

Directions:

You can drink this juice twice a week, no more.

Peel the beets, wash, cut it into cubes.

Put it in the juicer or in the centrifuge and make the juice.

Wash the mint sprig.

Squeeze the lemon/lime.

Once you have the juice ready, season it with a small pinch of salt and the lemon juice.

Plunge the mint in the juice as a decoration and touch of flavor.

Soya milk pudding

Preparation: 5'

Cooking times: about 5'

Yield: 8

Ingredients:

soy milk: 1 liter

cornstarch: 72 gr.

vanilla pod: 2 cm.

sugar: 110 gr.

Directions:

Dilute the cornstarch with a little cold milk, then add the remaining milk, little by little, constantly stirring.

Cut the piece of vanilla pod in half and pull out the seeds.

Add sugar and vanilla (pod and seeds) to the milk.

Put on the stove over medium heat and bring to a boil, stirring.

Let it simmer for about 2 minutes.

Take out the vanilla pod.

Pour the hot pudding into bowls or cups for single serving.

If you like, decorate with a little ground cinnamon or a compote of fresh strawberries (or blueberries or raspberries).

Apple Cinnamon

Preparation: 5'

Cooking time: 20'

Yield: 4

Ingredients:

apples: 4

ground cinnamon: to taste

water: a little

Directions:

Wash the apples.

With a knife, peel a little the apples around the stem, leaving it intact.

Place the apples in a baking dish, add a few tablespoons of water on the bottom and then sprinkle the apples with a bit of cinnamon powder.

Preheat the oven to 180ºC and bake for 20 minutes.

Sprinkle the apples with the liquid that you will find at the bottom of the pan and enjoy.

“Gelo” of Lemon/Lime

Preparation: 5'

Cooking time: 5'

Yield: 6

Ingredients:

water: 800 ml.

sugar: 250 gr.

lemon/lime juice: 200 ml

cornstarch: 90 gr.

Directions:

Sift the cornstarch and place it in a saucepan.

Strain the lemon juice and mix it with the water.

Add the liquid gradually, stirring, to the sifted cornstarch.

Add the sugar.

Put the pot on the stove over medium heat.

Stir from time to time.

When it will reach the boiling point and a sticky consistency, remove from heat and put to cool in single-serving glasses.

Once it has cooled, transfer the “gelo” of lemon in a refrigerator until it assumes more or less the consistency of a pudding.

Buckwheat Cookies with Fennel Seeds

Preparation: 20'

Cooking time: 15'

Yield: 30 cookies

Ingredients:

buckwheat flour: 250 gr.

sugar: 190 gr.

fennel seeds: 2 tablespoons

extra virgin olive oil: 4 tablespoons

soy milk: 90 ml.

Directions:

Put the buckwheat flour and the sugar in a bowl, then add the milk and begin to knead.

Add the oil and knead the dough until it is well mixed.

Add the fennel seeds and knead a little more.

The dough will be quite sticky, if it is too sticky to shape it, use a little extra flour, but not too much, or cookies will become too hard (remember that they are unleavened).

Shape the dough into balls the size of a walnut, place them on a tray covered with baking paper, and press them slightly on the top.

Bake in preheated oven at 180º C for 10-15 minutes.

DETOX Take Away

This appendix to the detox diet is designed for those people who do not eat at home at least once a day. People with very little time to eat and no way to warm up the food.

A few tips

This appendix to the detox diet is designed for those people who do not eat at home at least once a day. People with very little time to eat and no way to warm up the food.

First of all, you should avoid using the microwave. It is much better if you bring your food in thermic containers.

If you are a healthy person following the DETOX as a prevention, you can make portions as bi s you like, but the percentages of the ingredients in the recipes and the cooking methods must remain the same.

Grain salads are the easiest choice to manage, but keep in mind that during the Detox you cannot cook grains (such as rice/barley/buckwheat) on one day and eat them two days later, because they start to ferment. And then, when they are slightly fermented, they become heavy for the stomach.

You can prepare the basis all together on Sunday, to eat each one of them during the week, but the grains have to be cooked the evening before, for the day after.

If you decide to opt for the soups, a hot soup, brought in a vacuum flask (thermos), together with a few pieces of unleavened bread and some fruit, make a perfect good meal.

If you are used having also a snack during the morning or in the afternoon, you can choose between fresh fruit, choosing from this list:

dates

apples

blackberries

peaches

raspberries

strawberries

pomegranate

guava

melon

blueberries

watermelon

papaya

- cooked apples, or peaches or guava

- a barley and soy milk cappuccino, with some unleavened bread

- a couple of cookies (you can find the recipes in this e-book, but remember, the oil contained in the cookies need to be counted in the daily amount of oil permitted)

Dishes you can use as Take Away:

- all the DETOX soups.

- Unleavened Bread

- tofu seasoned with a little salt and aromatic herbs and, in a separate container, boiled vegetable seasoned with oil and lemon juice

- Lentils with Mint

- chickpeas omelette
- the two hummus

Grains’ Salads

Grains’ salads you can eat both cold and warm (brought in a thermos lunchbox).

Personally, I do not like very much the barley salad (I love barley, but in soups). I find that it makes salads taste too "sweet".

Instead, rice and buckwheat have a more lively flavor, from my point of view they emphasize more the dish. But do not rely on my taste. It is a very personal thing. And barley is a very good grain.

How to Cook (boiled) Rice

Preparation Time: 1 minute

Cooking Time: it depends on the kind of rice you are using

Ingredients:

for each 100 gr of rice:

1 liter of water

1/2 spoon (5 gr) of coarse salt

Directions:

Put the water to boil. When it boils add the salt and the rice. Cook it and drain it well.

How to Cook the Rice Asian Way

Preparation: 10 min

Cooking time: it depends on the kind of rice you are using

Yield: 2

Preparation: 6 min + 10 min. soak

Cooking time: 10 min

Yields: 2

Ingredients:

1 cup of rice

2 cups of water

Directions:

The best rice to use for this preparation is Basmati or Thai fragrant rice. But you can use any kind of rice. If you are using another kind of rice, you just go the same way as with Basmati or Thai, but you change the cooking time and, if needed, add some hot water (the quantity of water you will need depends on the kind of rice).

Measure one cup of rice.

Wash it several times, throwing the water each time, until the water will remain clear. In this way you will remove the starch so, while you cook the rice, the grains will remain well separated.

Put the rice to soak for 10 minutes so that, during the cooking, the grains will not break.

Place the rice in a pot, with a quantity of water equal to twice its volume (in this case, 2 cups of water).

Bring to a boil, then cover the pan with a lid and lower the heat to a minimum.

After 10 minutes, the rice will be cooked to perfection and all the water will be absorbed.

It is less light than the boiled rice.

How to Cook Buckwheat

Preparation: 1 min

Cooking time: 20 min

Yields: 2

Ingredients:

160 gr. buckwheat

1 tablespoon oil

water (double volume to the buckwheat)

little salt

Directions:

Put the tablespoon of oil and the buckwheat in a pan.

Toast it for 4-5 minutes low heat. Stir now and then.

Add the water and a little salt.

Cover the pan with a lid and place over low heat.

Simmer for 20 minutes.

How to Cook Pearl Barley

Preparation time: 6

Cooking time: 40 minutes (25 pressure cooker)

Yield: 2

Ingredients:

barley: 1 cup

water: 4 cups

salt: very little

Directions:

Thoroughly rinse the barley.

Cook it for 40 minutes with a quantity of water four times that of the barley and a little salt.

If you are using a pressure cooker, the cooking time will reduce to 25 minutes.

Cauliflower Salad

Preparation: 10 minutes

Cooking time: the cooking time of the grain you choose

Yield: 1

Ingredients:

rice: 60 gr.

cauliflower: 90 gr.

chopped sage and rosemary: 1 teaspoon

grated lemon peel: 1/2

oil: 1/2 tablespoon

salt: a little

Directions:

Cleanse the cauliflower removing the leaves and the core.

Wash it thoroughly.

Divide into florets.

Bring the water the a boil.

When it boils, add the grain, the salt and the cauliflower florets.

If the cooking time of the grain you are using is more than 12 minutes, add the cauliflower later. It has to cook 12 minutes)

Wash, dry and finely chop the rosemary and the sage.

Wash and grate the lemon peel, being careful not to grate the white part of the skin.

Drain the cauliflower and the rice.

Put all the ingredients in a bowl and mix nicely.

Shrimps Salad

Preparation time: 10 minutes

Cooking time: it depends on the grain you are using

Yield: 1

shrimps or squids: 200 gr

oil: 1 tablespoon

lemon juice: 1 tablespoon

parsley: 2 teaspoons

onion: 40 gr

garlic clove: 1/2 (facultative)

rice/buckwheat/barley: 90 gr.

Tips Around the World:

- If you buy frozen, cleaned squids or shrimps, you will have to let them thaw.

Directions:

Cook the grains you have chosen.

Cleanse, wash and finely chop the parsley leaves.

Keep the stalks.

Peel the onion and cut it in slices.

Peel the shrimps, and cleanse the squid.

Cut the squids in rings.

Put some water to boil with the parsley stalks in it.

When it boils, add the onion slices.

Cook for 3/4 minutes.

Drain all of them and put aside the onions. Throw the parsley stalks.

Keep the water boiling and cook the shrimps.

Small shrimps take 2 minutes for cooking, medium shrimps 5 minutes.

Squids' rings will cook in 4 minutes.

Drain the fish.

Peel the garlic and cut it in two.

Squeeze the lemon.

In a bowl, put the grain, the fish, the garlic, the chopped parsley, the onion, the lemon juice and the oil.

Mix.

If you like, you can add some fake pickles.

Take out the garlic after half an hour.

Zucchini (courgettes) Salad

Preparation time: 10 minutes

Cooking time: it depends on the grain you are using

Yield: 1

Ingredients.

zucchini (courgettes): 200 gr

parsley or coriander leaves: 1 teaspoon

onion: 1/2

oil: 1 tablespoon

gomasio: 1/2 teaspoon

grated lemon peel (zest): 1/2 teaspoon

rice/buckwheat/barley: 90 gr.

Directions:

Cook the grain you have chosen.

Cleanse and wash the zucchini.

Cut them in slices 1 cm thick.

Grease a pan with a little bit of oil (spread it with a piece of kitchen paper).

Put the slices of zucchini in it with one or two spoons of water.

Let them cook a few minutes on one side, then turn.

When you can easily prick them with a fork they are ready.

Cut the zucchini in small cubes or sticks.

Peel the onion, cut it in slices and cook it in the same pan with a little bit of water for 5 minutes.

Wash the lemon very well and grate its skin, being careful not to grate the bitter white part.

Cleanse, wash and finely chop the herbs.

Put all the ingredients in a bowl and mix nicely.

Grain Salad with Vegetables

Preparation time: 15 minutes

Cooking time: it depends on the grain you are using

Yield: 1

rice/buckwheat/barley: 90 gr.

ginger (fresh: hazelnut size; dry: 1/2 teaspoon)

mixed boiled vegetables: 250 gr

tofu (facultative): 80 gr

1 tablespoon oil

aromatic herbs: as you like (mint/basil/parsley/cilantro)

salt: a little

Tips around the world:

• If you are not using tofu, put 80 gr extra vegetables.

• The vegetables you can use are: boiled zucchini, boiled peas, boiled carrots and boiled artichokes

Directions:

Keep the tofu pressed (you put it under a plate with a weight on top) at least 35 minutes to make it lose more water. It becomes more consistent this way.

Put a veil of oil on a pan and lightly toast the tofu.

Cook the grain you have chosen. If you are using rice you can put a pinch of turmeric in the water to give it a nice color, if you like it.

Peel and slice the onion.

Put it in a pan with a teaspoon of oil and a few tablespoon of water and add the ginger.

Cook it for 5 minutes.

Then prepare your current selection of vegetables.

Peel and cut the carrots in small cubes.

Cleanse the artichokes and cut them in slices.

Cleanse and wash the zucchini.

Boil the vegetables: carrots for 10 minutes, peas for 5 minutes, sliced artichokes for 10 minutes, zucchini for 15 minutes.

Cut the zucchini in small cubes.

Cleanse, wash, dry and finely chop the aromatic herbs.

Add a couple of teaspoons of chopped herbs.

Mix the vegetables, the grain, the oil and the herbs.

Add a little salt (considering the boiled vegetables) and mix evenly.

Rice, Cinnamon, Tofu and Laurel (Bay) Salad

Preparation time: 8 min + 35 min of tofu pressing

Cooking time: it depends on the grain you are using

Yield: 1

Ingredients:

rice: 150 gr

cinnamon: 1 gr (1/2 teaspoon)

onion: 35 gr

bay leaf: 1/2

tofu: 90 gr

Tips Around the World:

- If you do not have tofu, you can add boiled chickpeas.

Directions:

Keep the tofu pressed at least 35 minutes to make it lose more water. It becomes more consistent.

Put a veil of oil on pan and toast lightly the tofu. It will take 4/5 minutes.

Now prepare the rice Asian style.

Peel, wash and thinly slice the onion.

Put the olive oil, the bay leaf and a few tablespoons of water in a pan.

Cook until the onion is softened.

Add the cinnamon.

Cook two minutes more on medium heat.

If necessary, add a little bit of water.

Remove the bay leaf.

Add the rice and the tofu.

Fast and Tasty Rice Chicken Salad

Preparation time: 12 minutes

Cooking time: it depends on the grain you are using

Yield: 2

Ingredients:

150 gr. chicken/turkey breast

sage: 1 teaspoon

rosemary: 1 teaspoon

oil: very little

rice: 160 gr

oil: 1 tablespoon

salt: a little

boiled carrot: 1

Directions:

Cleanse and peel the carrot.

Cut it in sticks.

Put some water in a small pot and bring to a boil with a little pinch of salt. Put the carrots sticks to boil for 10 minutes.

Meanwhile, cook the rice “Asian Style” with a pinch of turmeric in the water and a little salt.

Cut the chicken into very thin slices.

Wash, dry and chop the sage and the rosemary.

Just grease the pan with a little bit of oil (a really tiny quantity).

Sprinkle the chicken with chopped sage and rosemary and press them on the meat.

Arrange the chicken slices on the pan already hot.

As soon as they brown, flip them.

Let them get color on the other side too.

Cut the chicken in sticks.

Mix it with the rice, the carrot sticks and the oil.

Toasted Tofu with Green Beans and Fake Pickles

Preparation time: 8 min + 35 minutes for pressing the tofu

Cooking time: 5'

Yield: 1

Ingredients:

tofu: 90 gr

green beans (french beans): 150 gr

olive oil: 1 tablespoon

gomasio: a little bit

Directions:

Cleanse and wash the green beans.

Cook them in lightly salted water in a pressure cooker for 8 minutes (or more, it depends on the green beans size).

Drain them and let cool.

Keep the tofu pressed for at least 35 minutes to make it more consistent.

Put a veil of oil in a pan and toast the tofu lightly.

It will take 4/5 minutes.

Put the tofu and the green beans together and season with oil and gomasio (do not do this dish often, remember that gomasio is heavy).

Gomasio recipe you can find in the Basis chapter.

Tips

Measures in ml of tablespoons and teaspoons:

1 tablespoon = 15 ml

1 tablespoon = 3 teaspoons

Fresh shiitake vs dried shiitake: if you're lucky enough to find fresh shiitake, this is the conversion:

1 gr of dried shiitake = 7 gr of fresh shiitake

Powdered ginger vs fresh ginger:

Peel the fresh ginger and put half of the amount listed for powdered ginger

Peas:

The amounts you find in the recipes are referring to shelled peas.

Zucchini:

In many countries around the world vegetable shops sell things that they call zucchini even though they aren't. Let me explain. Zucchini is a type of pumpkin that is harvested when it's still young. It's 20 cm long at most. Instead, in India, Colombia, Nepal and even in the Alicante area in Spain, you can find huge zucchini in the shops. Do not buy them. Large zucchini have a fibrous flesh that is full of large seeds and the taste can be bitter or totally non-existent. If you can't find zucchini worthy of this name you can replace them with okra (lady's fingers). There are also round zucchini. As per their long relatives, even round ones should be eaten when they are young, that is, when they have a diameter of 10/12 cm.

Okra (lady’s fingers):

To avoid giving a slimy touch to the recipe, wash them well, cut them and dry the liquid that comes out of their pulp. Then let them dry for at least 1 hour. Then proceed as described in the recipe, keeping in mind that they have lower cooking times than zucchini.

How to keep fresh pasta in the freezer:

Making fresh pasta every day is impossible in a family where everyone works. However, you can prepare it in quantity and then store it in the freezer. Place the pasta in the freezer in mono doses (after having sprinkled some flour on it so that it doesn't stick). When it's frozen, place it in the freezer inside of well-sealed bags. When you need it, bring the water (or broth) to a boil, add salt and pour the frozen pasta into it. Then cook it. Obviously it will slightly raise the cooking times.

…and :) remember to help my monastery, please :) ! https://www.peoplesfundraising.com/donation/suncave-monastery

Who we are

OBJ

La-je Dawa Tzering was born in Lahul in 1965, in a region of the Himalaya that belonged to Tibet, in a family of doctors and Buddhists pratictioners.

He began studying Tibetan medicine at the age of 8 with his grandfather, who was a Tibetan doctor (La-je). In 1982, Dawa went to study at Dharamshala at Men-Tsee-Khang, the University of Tibetan Medicine wanted by HH The Dalai Lama, where he graduated in 1986.

After graduating he worked in several clinics in Men-Tsee-Khang until 1993, when he was invited to teach at the Tibetan Institute of Trogawa Rinpoche, Darjeeling. He has been teaching as a lecturer until 2000, the year he first came to Europe, where he then spent part of the year teaching and treating patients.

During all these years, La-je Dawa Tsering never stopped studying and researching in the field of medicine, because, as he often says, the health of people is too precious and a doctor never knows

enough.

He's responsible for the medical side of the Project and he is supervisying Niki's work.

Niki Sauro was born in Verona in 1960. She started her "career" as a cook at the age of five, following the mother that came from a family with a great culinary wisdom. She's a professional cook and has also been a designer of high-end jewelry.

She's been a fan of Tibetan Medicine, which saved her life, since April 1993. She had a restaurant and trained kitchen staff for restaurants. She worked and lived in Italy, India, Nepal, Spain and Colombia. She has a professional knowledge of Italian cuisine and knows Indian cuisine quite well, thanks to her love for it. Wherever she went in the world, she experienced and learned local recipes and this has been of great help when she had to study the DETOX diet.

She's the Project manager. She cooked and created the recipes, wrote the texts, took the photos, paginated this book and so on. You name it, she did it…. she apologizes if

she messed up something and hopes you'll send suggestions.

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